

Slimmer in Seconds!

◆ THE DROP-A-SIZE PANT ◆ THE SMOOTHING TOP
◆ THE MIRACULOUS BUTT-LIFTING SKIRT

THE OPRAH
MAGAZINE

The
**GOOD
NEWS
about your
BAD
MOODS**

Why every last one
of your emotions
matters

**CHOCOLATE
DONUT CAKE**

You know
you want it...

PG. 126

Are
You
Ready
for a
Change?

How to handle
life's little surprises—
and come out
stronger, wiser, and
better than ever



ANTI-AGING REPORT



YOUR SKIN CHANGES WITH AGE. SO SHOULD YOUR SKINCARE.

HOW AGE CHANGES YOUR SKIN

With age, skin loses its ability to retain natural moisture to keep skin hydrated, leaving it looking dull and dry. Oils become a great choice to help seal in hydration with a concentrated dose of moisture, boosting mature skin's resilience and radiance.

THE RIGHT SKINCARE

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HOW TO USE AN OIL

For an extra dose of renewing hydration, apply a few drops of Age Perfect Cell Renewal Oil to skin after cleansing and follow with Age Perfect Cell Renewal Day Cream.

DRAW THE LINE AT DULL, DRY, TIRED SKIN
NOW, RESTORE RESILIENCE, RADIANCE, VITALITY

BECUSE YOU'RE WORTH IT.™



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AS SKIN AGES, CELL RENEWAL DECREASES
DRAMATICALLY, SO SKIN LOOKS DRY AND DULL.

■ **SKIN RENEWING SCIENCE**

EFFECTIVE ACTIVES HELP STIMULATE EXFOLIATION
FOR SKIN SURFACE CELL RENEWAL

■ **IMPRESSIVE RESULTS**

INSTANTLY: SKIN FEELS SMOOTH, SOFT, SUPPLE,
INTENSELY HYDRATED

IN 1 MONTH: REVEALS FIRMER, MORE RESILIENT,
RADIANT SKIN

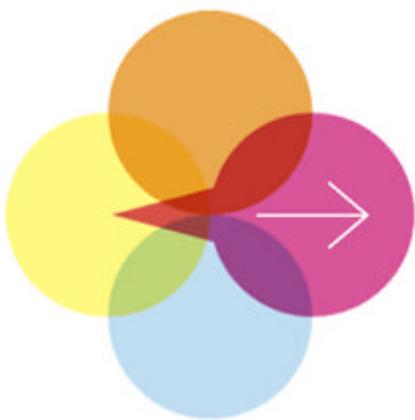
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NIELSEN YEAR-TO-DATE AUGUST 2014, IN WOMEN FACE CARE IN MASS MARKET



L'ORÉAL
PARIS



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April 2015

Special

Are You Ready for a Change?

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ON THE COVER: Oprah photographed by Ruven Afanador. **Fashion editor:** Jenny Capitain. **Hair:** Andre Walker. **Makeup:** Derrick Rutledge. **Manicure:** Roseann Singleton for Chanel at Art Department. **Set design:** Todd Wiggins for Mary Howard Studio. **Paint:** Ralph Lauren Paint. **On Oprah:** Sweater, Lord & Taylor. Jeans, NYDJ X RJP. Headband, Emi-Jay Inc. Bracelet, Diane von Furstenberg by H. Stern. Earrings, Stephanie Kantis. Shoes, Céline. *For details see Shop Guide.* Top left paint stroke: Peter Dazeley/Photographer's Choice/Getty Images.



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CELEBRATING OUR
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NEXT MONTH!
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MAY ISSUE, ON SALE
APRIL 14.

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"YOU'RE NOT MOODY,
YOU'RE NORMAL!"



“Your feelings can be an important feedback system.”



120 "LET'S EAT!"



“There's very little that doesn't taste better in pocket form.”



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"O, BEAUTIFUL!"

“Transporting new fragrances inspired by precious stones.”



“The more you do, I realized, the more you can do.”



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Let's Eat!

120 Chef Joanne Chang

shows that good things really do come in small (and doughy) packages...a cornucopia of finds, favorites, and quick fixes, including the freshest way to prep salad and a savory use for scorched honey...plus, our guide to turning three key ingredients into delectable dishes.



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CLOCKWISE FROM TOP RIGHT: LORENZO AGIUS, MARKO METZINGER. ILLUSTRATION BY GRACIA LAM, TRAVIS RATHBONE, GREGOR HALENDA, ANDREW PURCELL, ADAM VOORHES.



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If you could change
one thing in the world,
what would it be?



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People would be judged by their
talent, skill, and work ethic
rather than what they look like
or where they're from.

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I would rid
the world of violent
extremism.

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Everyone would see possibilities when faced with a challenge.

Fewer weapons and more ice cream.

The workweek-to-weekend ratio. Whoever came up with 5-2 was out of their mind.

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M&M's would have the same nutritional value as broccoli.

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** Self-evaluation at t=4 weeks after application of the serum foundation (N=33) or the compact powder (N=31).

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Contributors

The Adjustment Bureau

Five of this month's creative minds on the art of switching things up.



NATASHA TRETHEWEY

Poet

“Why Poetry Matters”
page 86



JUNO DEMELO

Writer

“The Migraine in My Butt”
page 76



JOANNE CHANG

Pastry chef

“Bundles of Joy”
page 120



SASHA SAGAN

Writer

“The Empty Space”
page 98



CLARISSA CRUZ

Fashion features editor

“The Heat Is On”
page 106



When I need a change of scenery, I...take my dog for a long walk near Emory University, in Atlanta, where I teach. I love the treelined streets.

The change maker I most admire is... Martin

Luther King Jr. Many of my third-grade poems were about him.

I would love to change my...writing schedule. In grad school, I wrote every morning. Now I have to squeeze it in when I can.

But I'll never change my...relationship to history. “Mad Ireland hurt you into poetry,” W.H. Auden wrote in his memorial to William Butler Yeats. *My* native land, Mississippi, hurt *me* into poetry.

When I need a change of scenery, I...look in the fridge. There's no malaise a spoonful of almond butter or a few olives can't turn around.

The change maker I most admire is...

whoever put Tina Fey, Mindy Kaling, and Amy Schumer on this earth. They're proof that misanthropy can be entertainment.

I would love to change my...two front teeth. I didn't want braces, so I had crowns put on them. Now I have nightmares about the crowns falling off.

But I'll never change my...sweet tooth. My memoir will be called “As I Lay Dying...Eating Cookies.”

When I need a change of scenery, I...go to the movies to get lost—anywhere from Tokyo to New York City, the Renaissance to the post-Apocalypse.

The change maker I most admire is...my husband. He's never satisfied with the status quo. Whenever I think our restaurant, Myers + Chang, is at a good place, he surprises me with ten new ideas.

I would love to change my...sense of direction. Even with GPS, I manage to make wrong turns.

But I'll never change my...ability to look at the glass as half-full. I inherited that from my dad, who always looks on the bright side.

When I need a change of scenery, I...go to the New York Public Library. I marvel at how much knowledge is contained in those walls.

The change maker I most admire is...

Frederick Douglass. He changed the nation's mind about what it meant to be a black person during slavery.

I would love to change my...posture. My mother hated how her mother nagged *her* to sit up straight, so she never gave me a hard time. Now I'm shaped like the letter S.

But I'll never change my...circle of friends. I've had the same four girlfriends since I was a kid. We're sisters for life.

When I need a change of scenery, I...ask my husband to drive out to Queens or Brooklyn for delicious Asian food: dim sum in Sunset Park, Singapore *hokkien mee* in Elmhurst, Taiwanese beef rolls in Flushing....

The change makers I most admire are...the inventors of Uber. The car service has changed my life (and my shoe choices) forever.

I would love to change my...hair. I'm jealous of anyone who can rock a pixie cut, but I'd look like a 10-year-old boy.

But I'll never change my...family. They are loud and disorganized. But they love—and eat—more fiercely than anyone else I know.



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Behind the Scenes

STROKES OF GENIUS

Oprah gets artsy for this month's color-happy cover.

"YOU NEVER WENT TO Sears in the '70s to buy painter's pants?" asked *O* creative director Adam Glassman, as he explained to a skeptical Oprah that paint and fashion have a proud history of teaming up. "So *this* is what I wear when I'm painting the house," she joked about her NYDJ jeans, custom-splattered by Rialto Jean Project. Her sweater and headband were easier sells. "I always look like a schlumpadinka at home," said Oprah. "But this year I want a rack of cashmere sweaters. And Adam, can I have this fabulous headband?" He shot her a look. "Of course—but you already have one. They were on last year's Favorite Things!" —CLARISSA CRUZ



TRUE COLORS Left: The photo crew zooms in on Oprah's cover look. Above right: Contributing fashion editor Jenny Capitain considers sweater options. Right: Makeup artist Derrick Rutledge perfects Oprah's pout, which matches her rosy headband. "It's synchronicity," says Adam.

WEARABLE ART

This season's brushstrokes and paint splatters are decorating everything from makeup brushes to stilettos.

BRUSH SET, Sonia Kashuk Art of Makeup Brush Set, \$25, and **BRUSH CUP**, \$7, Sonia Kashuk; target.com



SKIRT, \$325; milly.com



PENDANT NECKLACE, Bonbi Forest, \$32; artsymodern.com



SHOE, \$1,395; christianlouboutin.com

HAT, San Diego Hat Company, \$45; sandiegohat.com



PALETTE, MAC Who's the DJ? \$40; maccosmetics.com



SWIMSUIT, Eres, \$565; net-a-porter.com



BAG, \$88; danielle-nicole.com

DRESS, \$45; justfab.com



RAIN BOOT, Hunter, \$225; hunterboots.com



WATCH, \$75; komono.com



CLUTCH, \$595; jillhaber.com

BEHIND THE SCENES: SIOUX NEST (4); BRUSH SET, PALETTE, SKIRT, SWIMSUIT, BAG: MARKO METZINGER/STUDIO D. STYLIST: CLAIRE TEDALDI/HALLEY RESOURCES. OTHER IMAGES: COURTESY OF COMPANIES (7).

philosophy: when you renew with hope, *wishes come true.*

*based on women who expressed an opinion in an 8-week self-assessment study with 52 participants

renewed hope in a jar

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initiative

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The Question

What's on your mind? This month we asked *O* readers...

What's the last big change you made in your life?



Taking flying lessons. It's helped me overcome my fear and boosted my confidence. I also have a better understanding of the weather!

JUNE FAISON
Oakland

In 2009, my family and I lived in a big house in a fancy town. We went out for expensive dinners and took expensive trips. But when my son was about a year old, I cut back on my work schedule and started to see the light. I realized I was watching our life pass by. My husband and I eventually decided to sell our mini-mansion and move back to

the home we had first purchased 20 years earlier as newlyweds. It's 100 years old and needs some work, but our little boy loves living here and we are happier than ever.

TAMMY HARRIS
Howe, Texas

I'd always said I never wanted children. Then I met the most amazing man, fell deeply in love, and got married, and now I am a stepmother to three incredible kids. It's a different life from what I planned, but it's so full of love—it's the best choice I ever made.

SABRINA CARMICHAEL
North Hollywood, California

Deciding to love myself unconditionally. I'm gay and was raised in Appalachia, where there are big expectations from family and the church. I remember thinking, *What if people find out?* After many dark nights, I made the decision to embrace who I am—and the very people I worried about hating me grew to love me more.

JAMES GOOCH
Princeton, West Virginia



I cut off my dreadlocks after growing them out for 15 years. I now have a short, natural 'fro, and it feels amazing. I had been thinking of cutting them for a long time, but I was afraid—afraid of not looking pretty or of looking older. But my husband told me that my beauty is all about my lovely smile and eyes—and those things will never change.

DEBORAH FORGIONE
Cary, North Carolina



As a real estate broker who watched the industry tank in 2008, I decided to return to school and become a paralegal. I will graduate this month with a 4.0 GPA and cannot wait to embark on my new career and make a difference. Life after 50 is going to rock and roll.

VERONICA MANNING
East Orange, New Jersey



After working as a theater technician in New York City for 30 years, I gave up my rent-stabilized one-bedroom apartment and almost all my belongings to move to Massachusetts. Instead of views of the East River, I take in the Atlantic Ocean from nearby beaches. Here, I have time to create a new life for myself. The great journey continues.

SHEILA DONOVAN
Peabody, Massachusetts

→ **OUR NEXT QUESTION:** What do you turn to when you need a little pick-me-up?

Tell us at oprah.com/question or email us at thequestion@hearst.com, and your response could be featured in our June issue.

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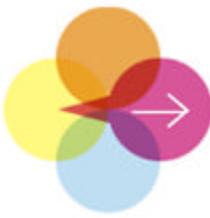
NEW



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Diane is wearing Excellence Age Perfect shade 9N, Light Natural Blonde.
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We Hear You!

In February, you asked all the right questions.

Inquire Within

I can't tell you how much "20 Questions Every Woman Should Ask Herself" inspired me. I'm a widow, and I've lived alone for the past three years. I thought I was content—but this article was like a meditation, reminding me of the spots in my life that could use some improvement. It was a great start to the new year. Thank you!

PATSY SWEET

Coeur d'Alene, Idaho

Question 12—"Do I feel my feelings?"—helped me see myself better than I have in a long time. I fall asleep watching television so I don't have to think. If I'm hurt, instead of dealing with the issue, I sulk for hours. When I recently heard "Maniac" from *Flashdance* on the radio, I felt so good. It used to be my favorite tune—before my brother and son died. I hadn't listened to it since. Thanks to your piece, I've been playing it on repeat and "feeling my feelings." I don't know where I'll go from here, but your article helped open my eyes.

PAULA RUSSELL

Weatherly, Pennsylvania

I was so thrilled when I received this month's *O* because I still keep last year's "Questions" issue on my bookshelf for reference. Both copies are now worn: They've survived the bathtub, the hair salon, and my best friend's house, where we read the queries out loud and discussed how to apply them to our lives. This is the only magazine I read. I feel like it teaches me something more than how to apply makeup. You challenge us to be better versions of ourselves!

JANELLE MEYERS

Lodi, California

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From left: managing editor Adam Bell, photo director Christina Weber, executive editor Amy Maclin, editor in chief Lucy Kaylin, editor at large Gayle King, deputy editor Deborah Way, and creative director Adam Glassman.

Keeping Abreast

I enjoyed "Should You Say No to a Mammo?" I'm 78 and recently had this conversation with my gynecologist, who asked me whether I would get treatment if something were found during my mammogram. When I told her I *would* seek treatment, she said that based on my response, I should continue with the screening. It was nice to have the conversation instead of just assuming. What I know for sure: When we know better, we do better!

DORIS KAY SADOW

Lake Worth, Florida

I understand why a patient would want to avoid the risks of false positives and unnecessary treatment, but as a woman diagnosed with breast cancer at age 33, I would give my every last penny to have had a mammogram at 32 and caught the disease before it metastasized. For those of us who have lived through the horrors of breast cancer, it's hard to understand why anyone would opt not to get a mammo—but I respect that all women should have the right to choose.

ALEXA FARRELLY

Summerfield, North Carolina

HANDED WITH CARE

In our November issue, we published "Ready or Not," our 18-page handbook for anyone caring for aging parents. One reader called it a "thoughtful and sometimes painful guide"; many of you thanked us for reminding you that you're not alone. In February, the American Society of Magazine Editors honored "Ready or Not" with a National Magazine Award in the personal service category. At left: Our editors celebrate the win at the February 2 awards ceremony. Readers, this one's for you.



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Here We Go!



A FUNNY THING I'VE LEARNED ABOUT LIFE—

and I bet you've had to learn it a few times yourself—is that just when you think things are settled, everything suddenly changes. Maybe you land a great new job, or finally find the love you've been waiting for. Or maybe you lose a job, or a love, or something else that mattered to you. Whether they're good or bad, changes always take some getting used to.

Of course, the process gets a whole lot easier if you have help and support—which is where we come in. This month we've gathered insights from an inspiring array of psychologists, writers, and thinkers, each of whom have made rolling with change an art form. Their practical advice and wise insights are just what you need to sail through your next big shake-up, and even turn it into something great (page 92).

If you're tired of April showers, take heart: We're bringing the flowers a month early this year with our bloom-filled O List (page 45). And don't miss a provocative interview about why antidepressants aren't



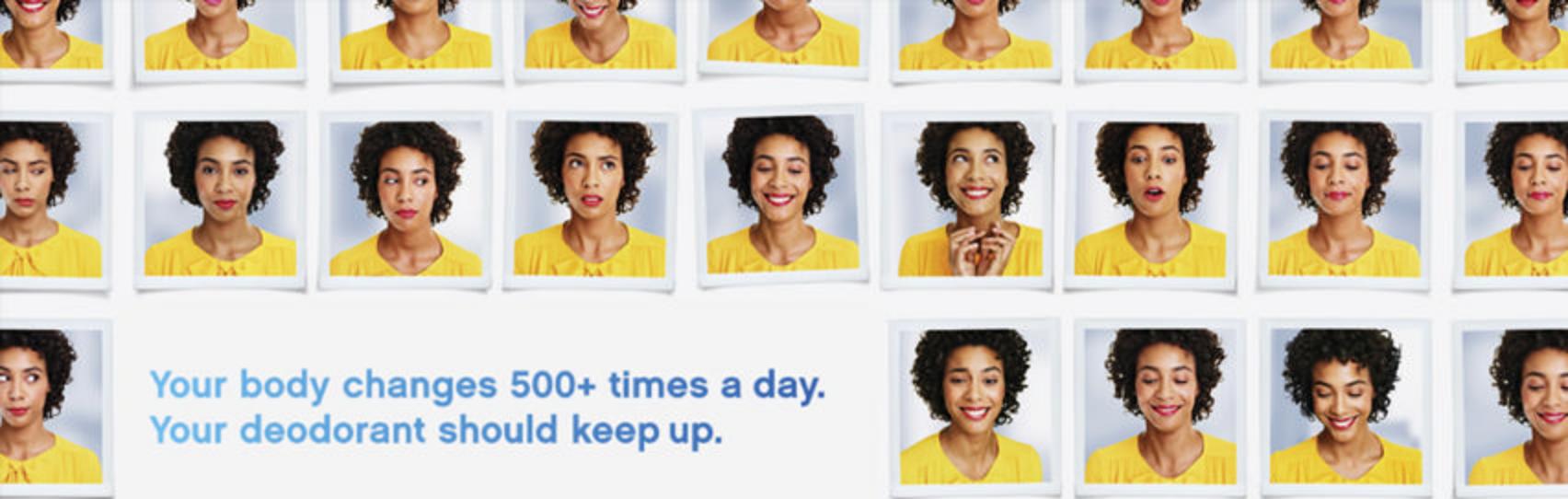
always the answer (page 71), or our brilliant tricks for making your hair dreams come true without cutting or coloring a single strand. That's right: All of these tweaks are totally reversible (page 114).

If only every change in life worked that way....

“Whether they’re good or bad, changes always take some getting used to.”

SHIFTING GEARS For video from Oprah about how she decided to make a major life change, download the O app from the iTunes Store.





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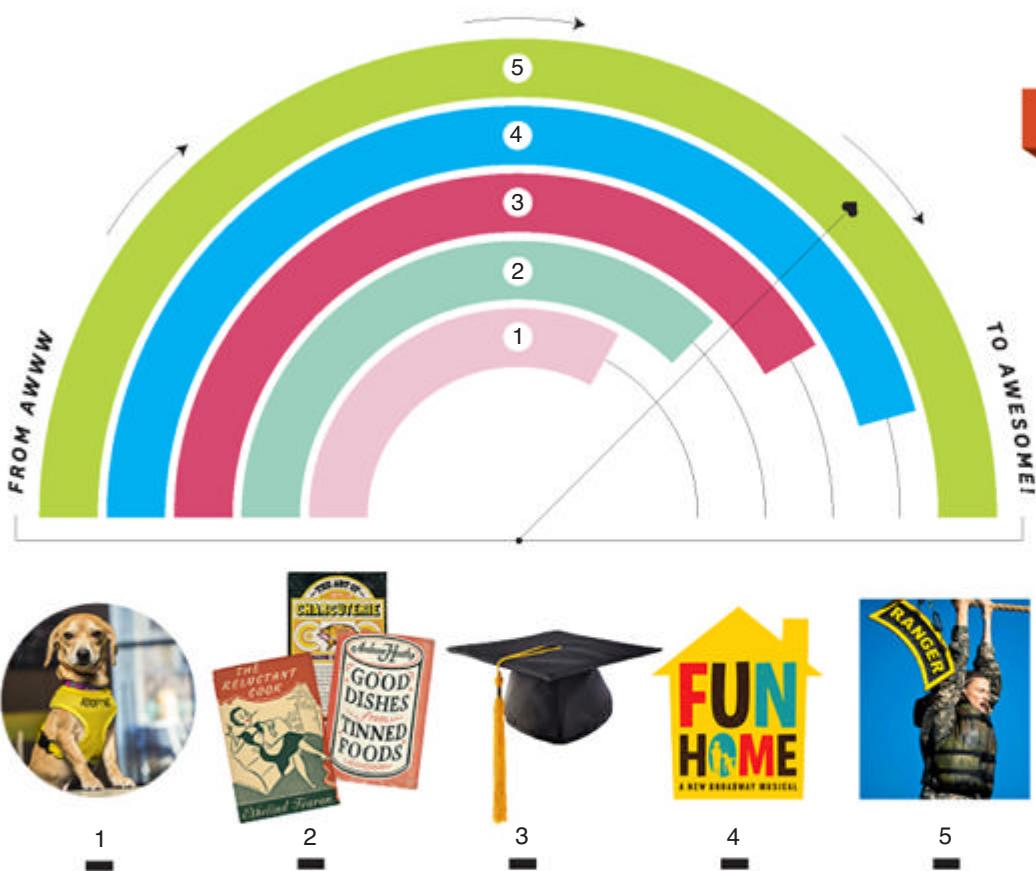
YOUR
BEST

*"Come, come,
my conservative friend,
wipe the dew off your
spectacles, and see that
the world is moving."*

—ELIZABETH CADY STANTON

The Gratitude Meter

Five things we can't stop smiling about this month.



RUFFIN' IT

Guests arriving at Aloft, a boutique hotel in Asheville, North Carolina, that recently joined forces with a local animal rescue group, receive eager welcomes from pups sporting vests that read **ADOPT ME**. Since the adoption program began last August, 16 pooches have gone home with visitors.



FOOD FOR THOUGHT

Season your snail mail with the help of Cookery Postcards, Penguin's boxed set of 100 gorgeous notecards featuring cover art from quirky vintage cookbooks, like *Love and Knishes* (1956) and *Mangoes & Monsoons* (1964). Mmm mmm good!

GRAD TO HEAR IT

Oh, the places they'll go! A perfect gift for grads-to-be, *The World Is Waiting for You* is a new volume of riveting commencement speeches from such thinkers and doers as Ursula K. Le Guin, Wynton Marsalis, Toni Morrison, and Tony Kushner. Cue the pomp and circumstance.

FAMILY PORTRAIT

After wowing off-Broadway audiences in New York City, *Fun Home*—the acclaimed musical based on cartoonist Alison Bechdel's graphic memoir about loss, coming out as a lesbian, and her family's funeral business—opens this month on the Great White Way. Not the same old song and dance.

BUILT TOUGH

This month, some 60 female soldiers will take part in the Army's Ranger Course, which includes survival training and a 15-meter swim in full uniform. It's the first time women have been let into the training program, which only about 50 percent of participants pass. Ladies, we salute you. —**ZOE DONALDSON**

Teyonah Parris

The actress—who stars in the final season of Mad Men, which returns to AMC April 5—fills in a few blanks.

» THE LAST THING I DO BEFORE BED IS...

shower. I'm obsessive about it. I cannot have dirty feet in my sheets! In fact, don't even look at my bed if you haven't showered.

» MY MOST EMBARRASSING MOMENT WAS...

my first day on the *Mad Men* set. I started out playing Don Draper's secretary, and when I sat at my desk, the chair flipped out from underneath me. It was an old, delicate chair, and I sat down so hard that my butt ended up on the floor. Everybody laughed—it was quite the entrance.

» I'M CURRENTLY IN LOVE WITH...

traveling. I didn't grow up in a home where we could afford it, so now I'm trying to see as much of the world as I can. My dad and I are going to Costa Rica for his birthday this year, and it's his first time out of the country. We can't wait to go zip-lining!

» THE BEST ADVICE I'VE RECEIVED WAS...

from a friend who told me, "Don't put your life on hold for this business." It's relevant not only for acting, but for every career: We hesitate before making decisions because of the what-ifs at work. But I'm not going to pause my plans because of a job that *might* happen—I have to enjoy myself! —**AS TOLD TO ARIANNA DAVIS**

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Beautiful Minds

Some of history's unsung innovators get their due in the new book *Headstrong: 52 Women Who Changed Science—and the World* by Rachel Swaby. A sample of the distinguished discoverers....



MARIE THARP
(1920–2006)

FIELD: Oceanographic cartography

BIG DEAL: A keen mapmaker, Tharp worked to plot the ocean floor, still uncharted territory

in the first half of the 20th century. By the late 1950s, her relief maps revealed a massive rift in the mid-Atlantic ridge—a wave-making discovery that helped finally give credence to the theory of continental drift.



NETTIE STEVENS
(1861–1912)

FIELD: Genetics

BIG DEAL: In 1905, Stevens published a radical paper arguing that an animal's sex was determined by chromosomal combinations rather than environmental factors, as some believed. How'd she figure it out? By scrutinizing chromosomes extracted from mealworms, termites, and other insects.



GRACE HOPPER
(1906–1992)

FIELD: Computer science

BIG DEAL: Decades before Silicon Valley, Hopper, a math professor, created the first computer program to automatically translate typed instructions into machine-readable code. And the computer term *bug*? Hopper and her team at Harvard popularized it after finding an actual moth in an early prototype. —Z.D.

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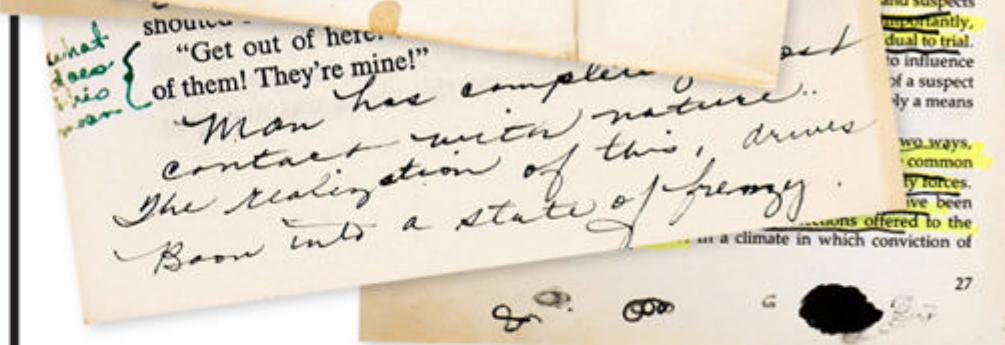
Notre vie est un voyage
Dans l'Hiver et dans la Nuit,
Nous cherchons notre passage
Dans le Ciel où rien ne luit.
(Chanson des Gardes Suisses 1793)

Our life is a journey
Through the winter and through the night
We are looking for our path
In the sky where nothing glows

2
P.J. WALSH
errogation

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Reading Between the Lines

How a graphic designer is paying tribute to marginalized marginalia.

In 2007, graphic designer Erik Schmitt, then on the team behind the original Kindle, inherited a portion of his late grandfather's vast and varied library, including poetry, philosophical treatises, and classics from *Ulysses* to *The Invisible Man*. While flipping through the volumes, Schmitt noticed that many of the fragile pages were covered in his grandfather's scrawls: French-to-English translations, thoughtful musings, underlined passages. "I was working in technology," says Schmitt, now 55, "but I realized that in our excitement about the future, we were leaving these fascinating artifacts behind."

Inspired to unearth more marginalia, Schmitt, who lives in Berkeley, began spending his Saturdays browsing a local book exchange and a junk store, collecting unique finds. "Within a single book, I'd see some comments written in blue ink and others written in red by someone else," says Schmitt. "People were having discussions. But once the books are thrown away, those dialogues are lost."

After two years of hunting through hundreds of books, Schmitt is presenting his most compelling finds on *The Pages Project*, a new website where visitors can view passages from works like *The Essential Tales of Chekhov* (above the line "thoughts, desires, and dreams are no longer my own, but belong to some demon who has taken possession of me...." one reader wrote simply, "Oh my"), and *Selected Writings of Gertrude Stein* (a favorite of Schmitt's because someone underlined how many times Stein referred to herself on one page—eight").

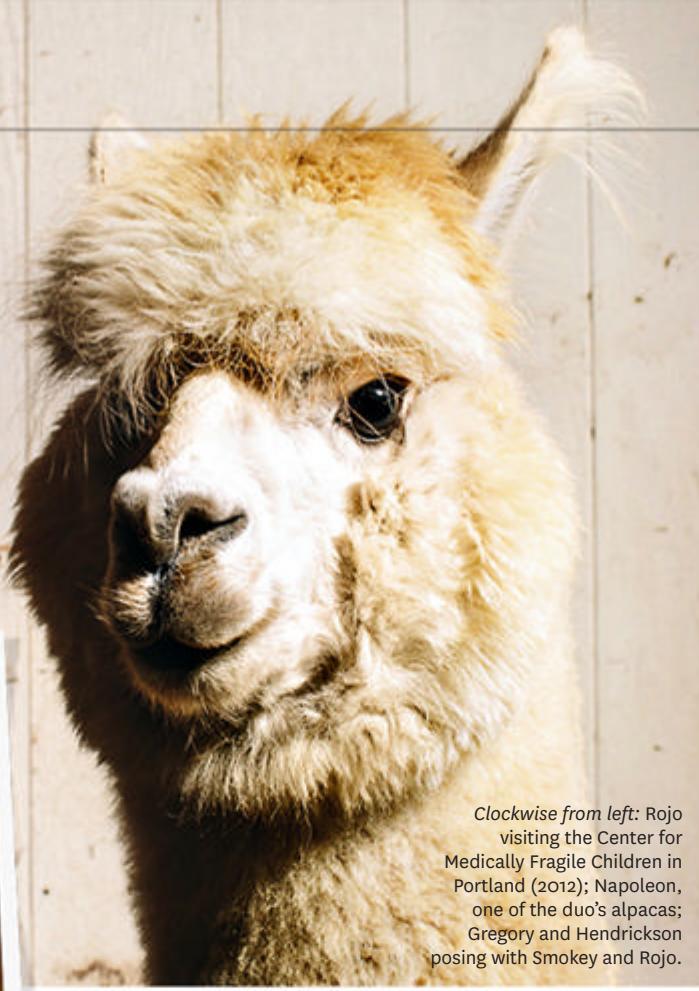
The collection currently totals 50 selections, and the site accepts submissions from fellow bibliophiles. "I'd like people to reflect on what may be lost as we move further into the digital age," says Schmitt. "This period in our history might never be repeated." To browse, visit thepagesproject.com. —A.D.



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WHAT?!



Clockwise from left: Rojo visiting the Center for Medically Fragile Children in Portland (2012); Napoleon, one of the duo's alpacas; Gregory and Hendrickson posing with Smokey and Rojo.

Llama Queens

A mother-daughter duo is spreading love with the help of some especially furry, feel-good friends.

ON OFFERING TLC (TENDER LLAMA CARE)

"After working with a llama through my 4-H youth program," says Shannon Hendrickson, 26, "my mom and I decided to buy one of our own, Rojo, in 2002. When I showed him at a county fair four years later, I was told his gentle nature would make him a great therapy animal, so my mom and I decided to enroll in a training program with him. After a series of tests, the three of us were certified, and we adopted and certified a second llama, Smokey. For many people, there's nothing more joyful than playing with a cuddly, shaggy animal with big round eyes."



ON MAKING NEW FRIENDS

"Llamas are golden retriever soft, and they have no upper front teeth, so biting isn't a major concern," says Hendrickson's mom, Lori Gregory, 58. "We visit a school for the blind and visually impaired, and the kids run their fingers through Rojo's and Smokey's fur. It's like hugging a gigantic stuffed animal. No one can resist a llama's charms. At one assisted-living community, there was a man the nurses called Mr. Grumpy. But when he was greeted by 400-pound Rojo in a red boa, his face lit up."

ON LIVIN' LA VIDA LLAMA

"We now have five llamas and four alpacas on our farm," says Gregory. "I manage the day-to-day activities like scheduling and grooming. We use Pantene Pro-V to keep their hair silky. Shannon oversees social media—Rojo has more than 6,000 likes on Facebook. We've done nearly 1,000 therapeutic visits throughout the Vancouver, Washington, and Portland, Oregon, area, and even charity fashion shows. Turns out llamas are cuddly *and* charismatic." —AS TOLD TO LESLIE GOLDMAN

TAKE
NOTE!



She's a Rebel

How singer Elle King went from teenybopper to rising rock star.

A SINGLE MOMENT can alter the course of your entire life—or, if you're Elle King, a single record. When King was 10, she was into boy bands and pop, but one night her stepdad brought home a CD that quite literally rocked her world. "When I heard the badass riffs on the Donnas' 'Rock 'N' Roll Machine,' I was hooked," says King, now 25. Inspired, she began writing fiery lyrics in her bedroom in Wellston, Ohio, dreaming of composing her own songs. "I started envisioning myself on big stages," she says.

Even if rock wasn't her first love, King—now a singer and guitarist whose bold and brassy debut album, *Love Stuff*, was released in February—has long been familiar with its rebellious spirit. "My mom says I was born screaming," she says.

Still, it would take some time before King would seriously consider rock 'n' roll as a career path. The daughter of former *SNL* funnyman Rob Schneider, King enrolled at the University of the Arts in Philadelphia—but soon found herself skipping class to head to a nearby park with some musician friends and play a borrowed banjo. And then she fell in love. "I followed a guy to Denmark," she says. "I came home with a broken heart"—and tons of fodder for the songs she was composing. King began playing small gigs in Los Angeles and New York, and when a manager took notice of her raw vocals, he helped her sign a deal with RCA.

On *Love Stuff*, King's voice—a little Billie Holiday, a little Johnny Cash—is backed by twangy chords and drums that demand foot tapping. "It's a jumble of rock, country, and R&B," says King. And there's even a bit of her first love in the mix: "I used to be afraid to use the word *pop* to describe my music," she says, "but underneath my tough, bad-girl sound, there's some fun." —A.D.

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THOUGH AMBER JENSEN'S bags travel the world—from Russia to Hawaii, Norway to New York—each one starts as a pile of leather and scraps in her studio in the tiny North Carolina town of Marshall (population about 900). Jensen moved her nine-year-old company, Sketchbook Crafts, there from Oregon last year, settling on the bucolic Appalachian hamlet as the ideal place to design her rustic backpacks, which have a vintage alpine aesthetic. “I was looking for an outdoorsy, creative community,” says the 32-year-old, “and there are so many craftspeople in this area—welders, potters, weavers. So I took a leap of faith.”

Jensen originally studied drawing, graduating from the Minneapolis College of Art and Design in 2004, but she longed to create work that was both beautiful and functional: “I wanted to make art that could be used in everyday life instead of hanging on a wall.” While experimenting with American folk-inspired techniques, she turned to textiles, which she’d loved since childhood (“My mom’s an interior designer—I grew up surrounded by swatches”). First she learned to sew simple

Totes Awesome

Amber Jensen uses old-school craftsmanship to create carryalls for modern-day adventurers.

handbags, and then by chance she found her project. “I was making commuter bags for my partner, Brad, that matched his early-1900s style,” says Jensen, “and I realized that a backpack is a perfect canvas. It brings together art and utility.”

Today the craftswoman spends months perfecting every detail of her creations: a plain satchel in tanned leather, a classic roll-top pack with felt patchwork in cherry red. For her prototypes, Jensen carefully measures and cuts leather, assembles pattern pieces of wool felt and waxed canvas, punches rivets, and stitches seams almost entirely by hand. Then, after thorough testing (“We load up the bags for hiking and cycling to see how they wear”) and final tweaks, they’re ready for production. The process is meticulous, and Jensen enjoys every step: “I want people to see my pieces as heirlooms—something to be taken care of and passed down.” —Z.D.



Clockwise from top left: Jensen in her studio; a patchwork backpack from her 2014 line; a roll-top design in bright ocher and faded blue.





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Blake Lively

The actress, who stars in this month's whimsical film *The Age of Adaline*, on wandering the streets of New York City and fixing up bikes with husband Ryan Reynolds.

Best COLLECTION

A box of recipes handwritten by the women in my family, from my great-grandmother to my aunt and mother. We all like to cook by instinct and intuition, so I'm glad they wrote things down every once in a while. But I have to handle it with care—some of the cards are so old, they're disintegrating.

Best WAY TO SPEND A DAY OFF

Walking through New York City. It's constantly changing. I'll go back to an area I visited four years ago, and it's completely different. But that's a good thing because it means there will always be new neighborhoods to eat my way through.

Best CHILDHOOD MEMORY

My mom liked to infuse my life with a lot of magic. When she read my fortune cookies, the predictions were full of princesses and castles and jewels and pirates. When I got old enough to read them, I was shocked to find out how boring they really were!

Best STRESS RELIEVER

Creating something I can use. I'll knit or cook—or work on a motorcycle, a skill my husband is teaching me. One of my latest projects was painting nature-inspired throw pillows.

Best PART OF GROWING UP

IN CALIFORNIA

Disneyland. Most people think of it as an amusement park, but we went so often that it was my education on everything from innovation to architecture from around the world. I often wonder what Walt would think if he could see it today.

Best QUICK RECIPE

Hot fudge sundae. But forget the fake syrupy stuff: Melt down a bar of chocolate, mix it into some warmed-up whipping cream, and put it on top of ice cream. Add some sprinkles, and you've got a delicious treat. —**AS TOLD TO A.D.**





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THE WORLD
ACCORDING TO

Gayle

O's editor at large shares what she's loving this month.



**IF YOU FIND YOURSELF
IN NEW YORK...**

check out *Finding Neverland*, starring *Glee*'s Matthew Morrison and Kelsey Grammer, and set to open on Broadway this month. I was treated to a mini-concert of six songs, and I can't wait to see the whole show. Producer Harvey Weinstein guarantees that this story of J.M. Barrie's relationship with the family who became his inspiration for *Peter Pan* will be one of the best musicals on Broadway. In Harvey we trust!



MY RECENT SLUMBER PARTY...

with favorite daughter Kirby began at Lincoln, a charming Washington, D.C., restaurant, where we shared barbecued pork and—wait for it!—duck-fat biscuits. They're served on a cutting board with the melt-in-your-mouth pulled pork in a Mason jar and pickles on the side so you can assemble sliders to your heart's content. Don't let the duck fat throw you—these biscuits are light, fluffy, and unforgettable. For the recipe, visit oprah.com/duckbiscuits.



I recruited Adam Glassman's assistant, Stephanie Araujo, to model Carrie's new line. Eat your heart out, Kate Moss!

WHAT DOES CARRIE UNDERWOOD DO...

when she's not busy winning Grammys, cohosting the CMAs, working on a new album, or having a baby boy? She's a fashion designer, of course! But not just any fashion: Her Calia by Carrie Underwood athleisure pieces, including the wild-patterned tank and capris seen here, are comfortable enough for the gym and cool enough for a postworkout lunch with friends.

THANKS TO THE GENIUS...

of Matthew Weiner, I've been hooked on *Mad Men* since day one. Now, with just seven episodes to go before Don Draper and the Scotch-drinking chain smokers at Sterling Cooper & Partners say goodbye, I'm already going through withdrawal. I know all good things must come to an end. I'm just hoping that when it wraps up, we learn the fate of every character we've watched despair and triumph for the last eight years.



**I MAY HAVE NOTICED
THIS BAG...**

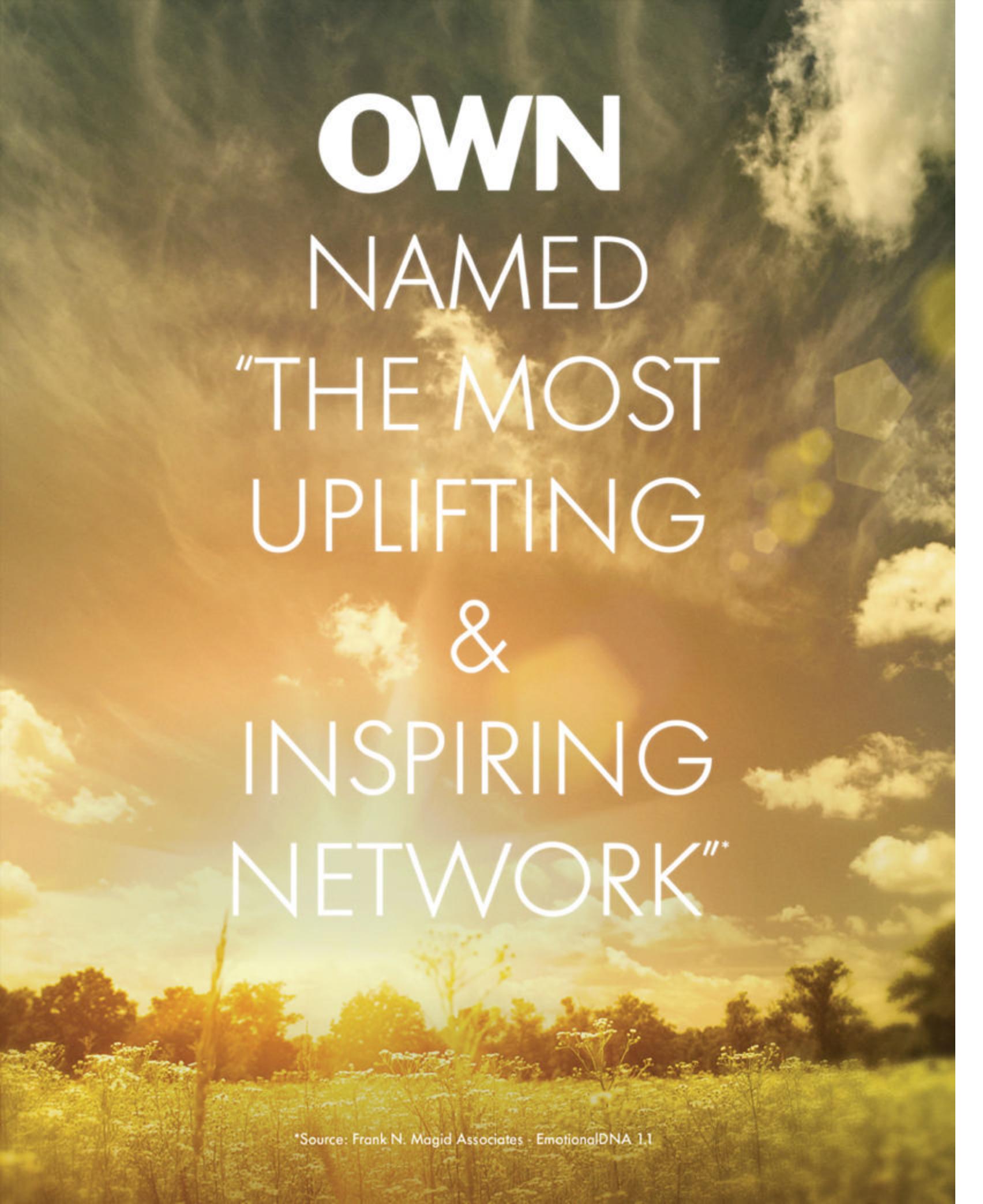
for its bright yellow trim, but what really got me were the bazillion compartments! Not only can this cork and leather tote double as a briefcase, but it has specific places for a water bottle, a tablet, a phone, a wallet, and keys. Yellow isn't your favorite shade? No problem—there are similar styles in other colors. (Gold Cork/Limón Tote, \$325; dagedover.com)



SHE'S FUNNY THAT WAY,

co-executive produced by Wes Anderson, is in theaters next month. It's a screwball comedy all about an escort-turned-actress (Imogen Poots) and her former client (Owen Wilson), a director. Then we meet his wife, her ex-lover, a playwright, and one mean therapist (Jennifer Aniston, in a scene-stealing performance) and watch their lives collide. One of my favorite lines: "I believe that laughter is the best calorie burner."

Follow Gayle on Twitter and Instagram @gayleking.



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*Source: Frank N. Magid Associates - EmotionalDNA 1.1



MEET ATAVIA IZZARD
Strayer University
Success Coach

As a Strayer University student, you'll get a personal Success Coach to help with almost anything you need—in or out of the classroom. Your Coach is your main point of contact for educational, professional, and personal support.

And Atavia is up to any task.

Atavia is a Success Coach and currently in the MBA program at Strayer University. After working for ten years in customer service, Atavia decided it was time for a change of scenery and took a job in Student Academic Services. She offers Strayer University students support for setting goals, connecting with tutors, creating individualized learning success tips, and pursuing further professional development.

Atavia believes that no one can go through life's journey without guidance.

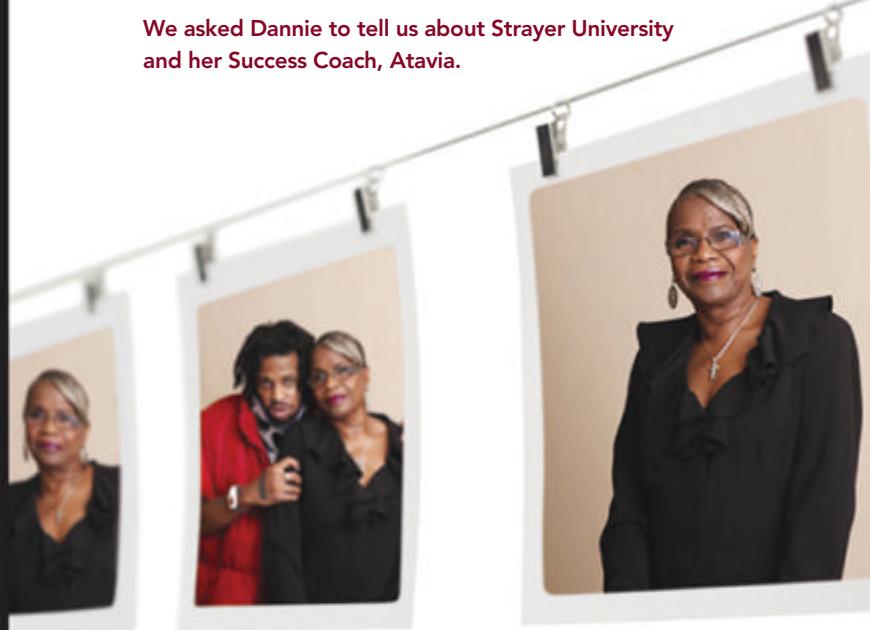
Open this flap to learn about one of Atavia's favorite student success stories: Dannie Marks.

STRAYER
UNIVERSITY

SUCCESS IN ACTION

Dannie Marks lives in Atlanta and is not only a full-time student but also the full-time caregiver for her disabled adult son. She has her BBA but wanted to go back to school to get her MBA in Human Resource Management so she could start her own business. Her Success Coach, Atavia, has been with her every step of the way, helping her balance her home life and her school life so she can achieve her dreams.

We asked Dannie to tell us about Strayer University and her Success Coach, Atavia.



Q. How did you come to Strayer?

A. I was looking for an opportunity to gain the knowledge I need to become a business owner. My home life has inspired me to get my MBA so that I can start my own caregiver assistance program catering to helping families who have adult family members who are disabled.

Q. What is the best thing about having a Success Coach?

A. The greatest benefit of having a Success Coach is having someone to assist me throughout my educational journey. I know that if I need anything, I can call on Atavia and she will be there to help and guide me. It's a great feeling knowing I'm not in this alone, that I have someone to care for me, as I do others.

Q. What has Atavia helped you with the most?

A. She has motivated me and kept me focused. Caring for a disabled child is not an easy task. Recently my son had to have major surgery, and she called me every other day to check and see if I needed anything. That really meant a lot to me because it's not something you usually expect from university personnel. Atavia cares about my studies, but she also cares about me as a person.

Write your success story at strayer.edu

Success happens as you work for it.

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Steve Harvey,
Author and TV Host



Not all students will be assigned a Success Coach by the time they start classes. Assignment schedule is subject to change. Please speak to your admission officer for the latest schedule. Strayer University has been certified to operate in Virginia by SCHEV. Strayer University has locations in Arlington at 2121 15th Street North, Arlington, VA 22201 and 10 other locations throughout the Commonwealth. Shelby Oaks Campus: 7275 Appling Farms Parkway, Memphis, TN 38133. Thousand Oaks Campus: 2620 Thousand Oaks Boulevard, Memphis, TN 38118. Nashville Campus: 1809 Dabbs Avenue, Nashville, TN 37210. Knoxville Campus: 10118 Parkside Drive, Suite 200, Knoxville, TN 37922. Strayer University's Morrow campus is located at 3000 Corporate Center Dr. Suite 100, Morrow, GA 30260 and we have eight other campuses in the State of Georgia.

May We Help You?

EXPERT ADVICE, INSIGHT, REALLY SMART MOVES

Never a Dull Moment *

Boredom sure is boring. So it's a good thing *Martha Beck* has a plan to help you tackle tedium once and for all.



Y

OU'RE SITTING AT the DMV, your hard plastic chair gleaming in the harsh fluorescent light, waiting for your driver's license exam. You're staring at piles of receipts scattered across the kitchen table, wishing a meteorite would set fire to them—or you—so you won't have to file the damn things. You're listening to Granddad reminisce, yet again, about his year in the Marines, during which the only combat he experienced was an encounter with a testy gopher on the parade ground. You're a city person, but you spend your days shuttling children around a suburban environment about as alluring as mildew. In short, you're bored. What can you do? If you've ever cared for an infant, you know that even babies hate boredom. They experience it as a signal that they could be learning, sleeping, playing, or watching something more interesting; that every

moment of boredom is, in a sense, costing them their right lives. That's why wise caregivers always have an activity kit. Usually it's a large, Mary Poppins-esque bag that may include small toys, colorful plastic keys to chew, and appealing music to delight the ear.

Of course, none of these items is particularly interesting to the adult caregiver (unless the kit contains psychedelic mushrooms, in which case it can all become absolutely fascinating). No, most adults force themselves to grimly tolerate boring events, then desperately cram in a little recreation before once again hitting the salt mines. Not me. I have a large, well-tended kit of boredom-relieving activities. Try a few, and I suspect your life will become a bit more fulfilling.

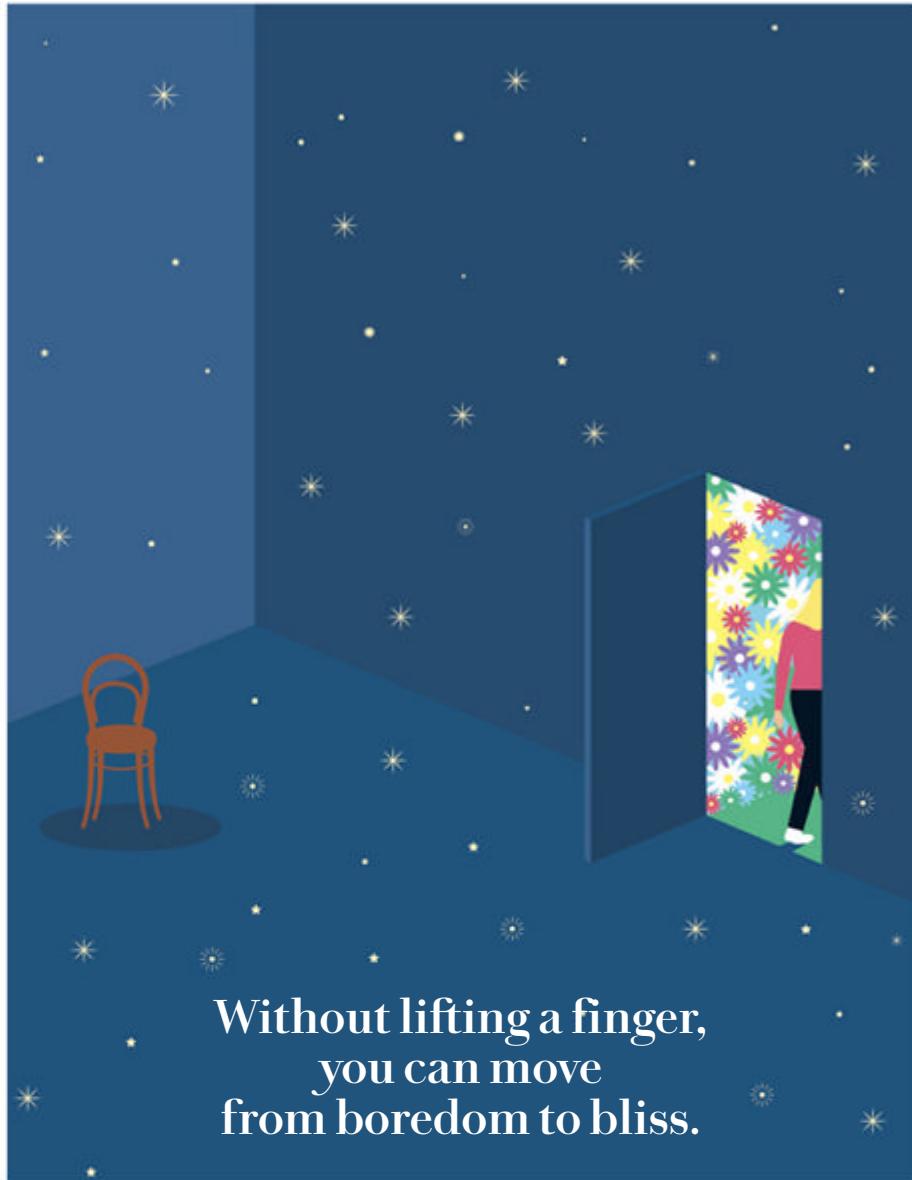
1. *Really Relax*

Most of us think we get bored when there's nothing going on, but research shows this isn't true. Boredom is actually the feeling of being trapped doing one thing while wanting to do something else. If we have no sense of being stuck, we simply leave dull situations.

In one study, subjects were asked to listen to an article being read aloud. Some were purposely distracted by a television in the next room. Those who heard the TV playing softly reported more boredom than people who heard nothing or people who heard the TV playing loudly. This suggests that we're at maximum boredom levels when we're trying to stick with something while other things tickle the edge of our awareness. So the solution to boredom might not be doing more, but doing less.

Think of sitting on a sunlit, sandy beach with no one around but a supple person to bring you umbrella-clad beverages. Or lying on a massage table, listening to flute music, waiting to be rubbed with smooth, warm rocks.

There, you just used your first boredom-busting activity—or in this case, lack of activity. Deep relaxation is often the best way to handle boredom, and if you can simply imagine yourself in a relaxing situation,



**Without lifting a finger,
you can move
from boredom to bliss.**

your body and brain will react to the imagined environment. Without lifting a finger, you can move from boredom to bliss.

2. *Simply Stop*

Go Google "YouTube Bob Newhart Stop It." You'll see the great comedian playing a therapist with a powerful new technique: Newhart listens to his patients describe their problems, then says, "Stop it."

As ridiculous as it sounds, simply stopping is one of the most powerful boredom busters you can master. Think of a boring thing you "have to" do, and ask yourself if it's really essential. Would the world end if you didn't hear Granddad's military memories one more time? Do you absolutely have to file all your receipts yourself, or could you hire a temp for a day to get it

done for you? Are you willing to trade your big, bland suburban house for a small apartment in your beloved city? As you ask what you can simply stop, be honest and creative. Remember, each moment you spend being bored literally costs you the life you want.

3. *Take Boredom Breaks*

If you really, truly have to do something boring, please avoid trying to accomplish it all at once, if at all possible. Doing so creates intense resistance—you may never even begin the task, and if you do, your boredom levels will eventually make you a danger to society.

Before you start something dull, ask yourself how long you can focus on it without wanting to die. I can write for hours



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(and that's a really big deal)



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Get dance-all-you-want bladder leak protection—Always Discreet underwear for sensitive bladders. Absorbs faster than Depend* to help you feel comfortably dry, with a discreet fit that hugs your curves. Because hey, pee happens. For coupons and your free sample,[†] go to alwaysdiscreet.com.

Always Discreet. So bladder leaks can feel like no big deal.

*Among Maximum Large based on laboratory testing. Depend is a trademark of Kimberly-Clark Worldwide. [†]While supplies last.

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without a break, but if I were paying bills, my limit would be five minutes. Housework? Maybe half an hour. Neighborly conversation? Depends on the neighbor. Your times will vary with the task and also with your current energy level.

Whatever your limit, set an alarm to remind you when it's break time. During the break, do, watch, or think about something you deeply love. Your break can last five minutes, a day, a week. I know one scholar who lives very simply, so that she can give herself six months off between research projects. Time to play and relax is worth far more to her than the money she'd get by forcing herself to work without breaks.

4. Tap Technology

Every night after dinner, my son, Adam, and I snuggle up to watch reruns of his favorite sitcom. We've seen every episode approximately 40,000 times, but Adam enjoys them anyway. I do, too, because I have a very clever phone. Adam doesn't mind if I surreptitiously check the weather report, read news and blogs, play games. By using technology as a basis for parallel play, we both get to bond without boredom.

5. Seek Stories

Back when there was no YouTube and people communicated with loved ones by throwing rocks at them, I always carried an actual book. Sometimes I still do. As author Stephen King writes, "Waiting rooms were made for books—of course! But so are theater lobbies before the show, long and boring checkout lines, and everyone's favorite, the john." Reading during such times not only occupies the moment, but gives you something to recall and chew on during things like dull conversations and meetings.

6. Exercise Exaggeration

If you're in a dull situation and have no stories to watch or read, try creating them. Boring situations can make wonderful anecdotes. All you have to do is exaggerate a little—okay, a lot—and imagine telling the story later, face-to-face or on Facebook. For example, you might go with something like:

"Who can tell how much time has passed since I arrived at the DMV? A man near the front of the line just died peacefully of old age; he was young and beautiful when he got here. The two people immediately in front of me have fallen in love and will be married by the man behind me, who has used his wait time to become an online minister for a religion he invented himself. We eagerly await the birth of the couple's children, who may one day emerge from this place with full vehicle registration for a car that no longer exists except as a smudge of rust."

And so on.

7. Enter Enlightenment

I'm only half kidding. When I worked with heroin addicts, they told me the emotion that drove their behavior was boredom. I soon learned that boredom only insulated them from extreme fear, anger, and sadness. If they let the boredom be, without fighting it, they'd go through a surge of intense pain and then into a place of peace.

Later I found that my own psyche works the same way. If I lean into the experience of boredom by meditating, I feel negative emotions that rise, peak, and drop away, leaving me unusually peaceful. Try this: When you're bored, just repeat the mantra "I accept" while fully experiencing the boredom. I find this helps me endure air travel without attacking other passengers. Meditation masters say that if you keep doing this, you'll eventually end up enlightened.

So there you have it. Whenever you're ready to remember what you were born knowing—that boredom should be a trigger to either relaxation or action—just reach into your Activity Kit for Grown-Ups, pull out the handiest item, and move yourself out of the mild torture that's blighting your life. That's exactly what I plan to do, just as soon as I get out of the DMV. ☺



MARTHA BECK's latest book is *The Martha Beck Collection: Essays for Creating Your Right Life, Volume One* (Martha Beck Inc.).

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Iyanla, Fix My Life!

Q: How Do I Get Through Difficult Times?

Iyanla Vanzant offers smart ways to stay strong.



THE HARDEST

thing about hard times is this: You know you're not in control anymore. (But ask yourself something: Were you ever?) You have to make big changes before you're ready or suddenly question what you thought you knew. But it's possible to turn even the most upsetting situations into opportunities for growth if you can muster enough willingness, trust, faith, patience, and surrender. Here's why these qualities are so essential if we are to transcend our troubles.

Willingness

This is the all-important ingredient for making it through tough times. You must be willing to do what you believe you cannot, and acknowledge what you've avoided. Yes, this can be painful, but when you are unwilling to see things—and people—as they are, you can't deal with the problem, and I can guarantee your situation will be prolonged.

Trust and Faith

Very often people confuse these two principles, but they're very different. Trust is the belief that you can get through anything, and faith is the energy that grows from that trust, helping you carry

on until things get better. You can't have the latter without the former.

Patience

This is the capacity to accept and tolerate difficulty without anger or sorrow—and it's your lifeline when you find yourself in the midst of a hard time. In the same way that we are unable to rush the sunrise or the unfolding of the seasons, we can't force ourselves through a challenging experience in less time than we need to learn, heal, or grow. Patience makes our difficulties pass as gently as possible.

Surrender

It's not about giving up or bowing down. It's about holding on to the knowledge that something bigger and more powerful than you is at work beneath the surface of your experience, and that it will take you exactly where you need to be. Now, in hard times, surrender is probably the greatest challenge you will encounter because it's so hard to accept uncertainty. But that, my beloved, is the point. You don't know what's to come, but you must know that whatever happens, you will be okay. ☺

Iyanla Vanzant is the host of OWN's Iyanla: Fix My Life and the author of Peace from Broken Pieces (SmileyBooks).

Suze Orman



On Good Authority

Suze lets you in on a few investing secrets from the pros.

→ **LET'S FACE IT:** A financial planner can offer sound

guidance when it comes to managing your money, but no one cares more about your accounts than you do. Ultimately, it's up to you to decide what's best for your financial future. Don't worry, the savviest money strategies aren't terribly complex. Here are five simple rules financial experts live by—and you should, too:

1. Don't even think about investing heavily in the markets if you're carrying a balance on a credit card.

The interest you owe is a guaranteed negative return—you will lose that money. Consider this: The typical credit card interest rate is around 15 percent, but a diversified portfolio might earn an average annualized return of just 6 percent. (The safest

investment, a ten-year Treasury note backed by the U.S. government, currently yields around 2 percent or less.) If your employer offers a matching contribution to your 401(k), though, set aside enough money to qualify for the maximum match, but use any additional funds to pay off your credit card balances.

2. There's no reason to invest in mutual funds that charge commissions and high fees.

Some financial planners advise their clients to purchase funds that charge an initial sales commission or load, even though plenty of options don't. What's more, they may also steer clients to mutual funds that have annual fees topping 1 percent of the fund's value when other, lower-cost options might charge one-fifth that amount or less. These high-cost alternatives serve just one purpose: to compensate your planner. If you want to work with a professional adviser, choose someone who favors low-cost funds and charges a flat fee that isn't tied to a specific investment.

3. No one has a clue what the stock market will do this year—and that's okay.

Even the most experienced financial advisers know it's a fool's game to make big investment decisions based on what might happen in a few months. Don't worry if the market goes up or down. Focus on building a diversified portfolio with a mix of stocks and bonds that will grow in value over the long term. Think decades, not quarters.

4. It's all about how much you save.

A financial planner can help you figure out an allocation strategy—the mix of stocks, bonds, and cash that make up your 401(k) or IRA—to fit your goals. That said, how much money you set aside is more important than how you invest it. You need to be putting away at least 10 to 15 percent of your salary every year (around 25 percent if you started saving in your 30s or 40s); income from your savings plus your Social Security payments should replace about 70 to 80 percent of your pre-retirement paycheck. If you get a raise, plan to invest half of it.

5. As long as you aren't retiring in the next ten years, a stock market decline is good news.

If a jacket you'd had your eye on was suddenly discounted 25 percent, wouldn't you be thrilled? You should feel the same way about stocks. When the price of an investment drops, your dollar buys more shares—and more shares will earn more money when the markets inevitably go back up. Since 1926, the worst return over a ten-year period for a portfolio consisting of 70 percent stocks and 30 percent bonds was 1.74 percent—that's still a positive outcome. Automate contributions to your 401(k) or IRA so you can continue to invest on a regular schedule regardless of what's happening in the markets. ☐

TRENDING NOW



Spring into Style

Complete your spring looks with fashionable footwear that will keep you moving comfortably. Vionic's line of effortlessly chic shoes will provide your feet with superior support and the latest on-trend designs. Check out the following tips from O's Merchandising Director Ashley O'Brien to elevate your whole look this spring.



ASHLEY'S
STYLE
TIP

The **FLORIANA** sandal is intricately designed with earthy stones in geometric shapes, dainty riveting, and gorgeously textured material. The lightweight, flexible midsole provides support to keep you on your feet all day.

Pair these with a simple white sundress to add a pop of color and some flair to your look.



ASHLEY'S
STYLE
TIP

A wedge heel looks great with a pair of black pants or a dress. Try Vionic's leopard-patterned wedge with a little black dress to create a look that is spot-on.



ASHLEY'S
STYLE
TIP

If you want to dress down on the weekends and still maintain your style, choose a casual sandal with a dash of charm that works well with jeans or an understated floral dress.

The **BELLA** Toe Post sandal is classic and versatile, which makes it the perfect sandal to slip on this spring. Adorned with a feminine bow, it has a durable rubber outsole that brings together style and function.

Vionic offers a full range of styles suited for any occasion.
Visit VionicShoes.com today to learn more.

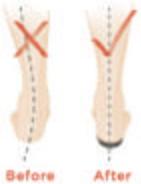
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Meet your most important curve.

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Style should embrace your curves – including the arch of your foot. But regular flip flops are flat. So Vionic sandals are biomechanically designed to hug your arches and support the natural alignment of your feet – to support you in comfort throughout the day. All that, and they look great.



NATURAL RELIEF

Orthaheel® technology helps reduce over-pronation, which can relieve associated common pains.

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Vionic products are not intended to resolve serious orthopedic conditions or injuries. If you have previous injuries, or are currently wearing Vionic products and experience new pain, or existing pain persists or worsens, discontinue use and consult your doctor.





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CERTIFIED HEART HAPPY BY YOU



Over 40 Campbell's *Healthy Request* soups are certified heart healthy by the AHA.

Campbell's



M'm! M'm! Good!

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

The List

Flower Power Edition

A few things
we think are
just great!



Floral Fixation

No need for a centerpiece at your next dinner party. These handmade napkin rings featuring silky orchids, zinnias, peonies, and hydrangeas are even more luxurious wrapped around linen napkins in a bouquet of shades.

(Napkin Rings, \$23 to \$35 each, and Pinstripe Napkins, \$35 each; deborahrhodes.com for stores)

Strike a Posy ▶

Getting rained out is a pleasure when you have this peony-adorned waterproof jacket and matching rubber Wellies to provide very pretty shelter from the storm. (**Joules Raina Parka, \$228, and Printed Wellies, \$75, in Grape Peony; joulesusa.com**)



▲ Poppy Love

The last time we saw poppies this tempting, Dorothy and Toto were sleeping in a field of them. This spacious canvas tote with leather accents and side gussets expands with a quick zip. (**Lauren Ralph Lauren Large Poppy Tote, \$198; bloomingdales.com**)



Natural Selection

This oven-to-table (it's also dishwasher- and microwave-safe) stoneware tray made in Portugal and inspired by antique botanical drawings will add a touch of summer to anything you serve. (**Field of Flowers Hostess Tray, \$78; juliska.com**)



Best Buds ▶

Say so long to droopy floral arrangements. The brilliant company Flower Muse ships directly from farms around the world, delivering fresh-cut blooms (tulips, orchids, roses, and dozens more) quicker than most flower shops and at wholesale prices. Just add a vase and you're set. (**Tulip variety, originally starting at \$70 for 20 stems, now 20 percent off with code OPRAH; flowermuse.com**)



▲ Garden Variety

Cheap, cheerful, and totally charming, these 20-ounce porcelain teapots decorated with daisies and available in six colors just might get you off coffee. (**Daisy Tea Pots, originally \$30 each, now 20 percent off with code OPRAH; yedihouseware.com**)



Clip Art ▲

Remember how your mother was always telling you to get your hair off your face? Try doing it with handmade, buttery-soft leather camellia barrettes, available in 12 colors, including gunmetal and rose gold. (**Leather Camellia Barrettes, originally \$35 each, now 20 percent off; emi-jay.com**)





▲ Sitting Pretty

Whether you use it as a seat or an accent table for your next party, this handpainted porcelain piece is anything but a wallflower. (**Yellow Garden Flowers Stool, \$395; virginiajohnson.com**)



▲ Edible Arrangement

Have your flower and eat it, too. Masquerading as a potted plant, this sweet treat is actually vanilla cake layered with luscious vanilla mousse and raspberry preserves and topped with chocolate-cake "dirt" and sugar orchids. (**Orchid Flowerpot Cake, originally \$125, now 20 percent off with code OPRAH; madeinheavencakes.com**)



◀ Step Lively

These chic floral flip-flops are the 2015 version of having petals thrown at your feet! (**Frills Thong Jelly Sandals in coral, white, yellow, and blue, \$39 per pair; Nine West retail stores**)

Wrap Party

This thick, lavish wrapping paper by New York City decoupage artist and designer John Derian is printed with images of pelargoniums. The only problem? Your giftee won't want to tear it to see what's inside. (**Six Pelargonium Wrapping Paper, \$5 per sheet; johnderian.com**)



▼ Roll with It

You'll have no trouble spotting this ultrafeminine carry-on in a crowd. The sturdy yet lightweight case (made of the same material used in NASCAR race car parts), recessed spinner wheels, and telescoping handle make it super maneuverable; the pretty blossoms make it a first-class traveler. (**Tegra-Lite International Carry-On in Black Floral, \$695; tumi.com**)



Hand Candy

Whether you wear just one of these delicate sterling silver rings or a statement stack, the cubic zirconia and white enamel accents are a girl's best friend. (**Dazzling Daisy and Primrose Rings, \$45 to \$65 each; pandora.net for stores**)



CHECK OUT OUR SPECIAL 15TH ANNIVERSARY O LIST IN THE MAY ISSUE—YOU COULD WIN IT ALL!



ADAM'S

STYLE SHEET



The Problem Solvers!

I'm always thinking of ways to make your life easier, ladies. These pieces not only solve maddening fashion annoyances with style, but they are also instant confidence boosters. Try these fab finds to help you project your best, most stylish self.



Available
in sizes
38C to 44DD.

1 THE COOLING BRA

The ventilated pads, breathable cups, and moisture-wicking fabric in this full-figure bra help you keep cool all day.

Cooling Touch Bra, originally \$40, now 25 percent off with code **KEEPCOOL**; vanityfairlingerie.com



4 THE SECRET WEAPON TOP

This blouse features a built-in compression tank that holds in the tummy, conceals muffin top, and gives you the security to work a drapey look. \$108; nydj.com

2 THE MAGIC SKIRT

SKIRT This Italian wool wrap-style skirt has built-in shapewear that will make you look slimmer and a panel with strategic seaming that will give your butt a lift. \$228; projectgravitas.com



The inner shapewear lifts and separates for the perkiest back view.



5 THE FLEXIBLE SHOE

No break-in time required: This flat's sleek, invisibly stitched design and cushioned insole mold to your foot to give you the ultimate in comfort. \$69; aerosoles.com

6 THE LEG LENGTHENER

Attention, my petite friends who want to wear flat shoes! Slip these comfortable, durable 1½-inch inserts into high-top sneakers and boots to look longer and leaner. \$19; invisibleheels.com

MAKEOVER CANDIDATES WANTED!

Are you starting a new job, celebrating a milestone birthday, or just in a fashion rut? I will be traveling around the country to meet you! Tell me your story at oprah.com/adammakeover. If you're selected, my glam squad and I will help you unlock your inner style maven for "U.S. of O," a makeover story that will be in the September issue.



3 THE TUCKABLE TANK

Banish whale tail and plumber's crack forever with this longer-in-the-back tank that you can tuck in to prevent an unintended peep show. \$30; tucktails.com



7 THE SLEEK PANT

I've searched everywhere for the best plus-size pants and found this desk-to-dinner pair with double-weave material that makes you look like you've dropped a size. \$78; eloquii.com



Follow Adam on Twitter and Instagram @**TheRealAdamSays**. To ask him a question, go to oprah.com/omagazine_talk.



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starting at
\$62

fun is back. *get dressed.*

the DRESSBAR *at* dressbarn

DRESSBAR.COM



ADAM'S

STYLE SHEET

HOME EDITION



FRAME Sonoma Life and Style Shoreline Four-by-Six-Inch Frame, \$20; kohls.com

Valentino
spring 2015
runway.

HANGING LAMP
Santa Cruz Zig-Zag Pendant Lamp, \$295; serenaandlily.com



BOX
Wildflowers Jewelry Box, \$79; westelm.com

MIXER
KitchenAid Artisan Series Five-Quart Stand Mixer, \$500; jcpenney.com



BASKET Fade Up Rattan Floor Basket, \$59; landofnod.com

TOWELS Tommy Hilfiger Cotton Bath Towels, \$18 each; usa.tommy.com

*Sweetness
and Light*

Bring springtime
inside with pretty
pieces in soft
pastel shades.



MUGS Blur by Casa Alegre Mugs, \$19 each; gracioushome.com

THROW
Visby Quilt, starting at \$198; garnethill.com

WALLPAPER
Allen + Roth Strippable Non-Woven and Prepasted Non-Woven Classic Wallpaper, \$35 to \$45 per roll; lowes.com



PAINTS
Regal Select Interior Paint in Sapphireberry, Lavender Mist, Sprint Mint, Fond Memory, Lemon Sorbet, and White Heron, \$45 per gallon; benjaminmoore.com



TABLE LAMP
Threshold Double Gourd Glass Lamp Base, \$32, and Small Linen Diamond Shade, \$15; target.com



CHAIR Floral Chair, \$199; [HomeGoods](http://HomeGoods.com) stores

STYLIST: JULIE FLYNN/HALLEY RESOURCES; MIXER: GREGOR HALENDA; HANGING LAMP: COURTESY OF SERENA & LILY; CHAIR: COURTESY OF HOMEGOODS; PAINTS: COURTESY OF BENJAMIN MOORE. MODEL: PASCAL LE SEGRATIN/GRETIN/GETTY IMAGES.



Lovely

BY ADRIANNA PAPELL

starting at

\$58

fun is back. *get dressed.*

the **DRESSBAR** *at* **dressbarn**

DRESSBAR.COM



GREAT BUYS UNDER \$100!

Equal parts preppy and posh, this season's take on yellow is a sunny delight.



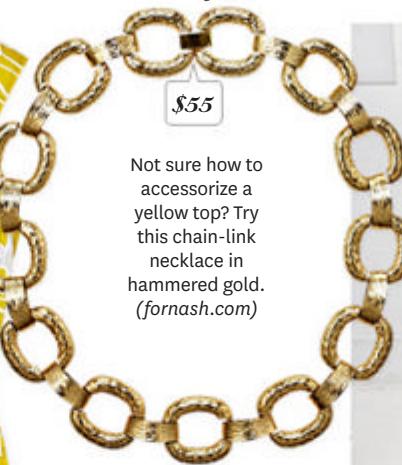
The classic tennis sweater gets a bright update. (Chaps; kohls.com)



Put this purse with luggage-style details on your bucket-bag list. (Oasis; oasis-stores.com)



Sheer detailing elevates a floral A-line dress. (dbFashion Studio for Dressbar; dressbar.com)



Not sure how to accessorize a yellow top? Try this chain-link necklace in hammered gold. (fornash.com)



SUNSHINY DAY Singer Solange Knowles is a vision in brights at a launch event in New York City.



Yellow is unexpected in sophisticated wide-leg pants. (New York & Company; nyandcompany.com)



This sleek, Mod-inspired coat adds cheer to cool days. (Liz Claiborne; jcpenney.com)



Rich brown and gold are perfect partners for yellow. (Isaac Mizrahi for QVC; qvc.com)



Textured fabric and ombré give a swingy skirt extra fashion cred. (asos.com)



A tulip lace espadrille is stylish and breezy. (soludos.com)

"Yes, you *can* rock Gayle King's favorite color. Not convinced? Wear the shade away from your face or in an accessory." —O CREATIVE DIRECTOR ADAM GLASSMAN

TURN LAUNDRY TIME INTO **TURBO TIME**



SAVE UP TO 25 MINUTES IN YOUR HIGH EFFICIENCY WASH CYCLE.
*HE Turbo's Smart Suds™ collapse faster to save up to 25 minutes a wash
in your high efficiency machine. Look for HE Turbo on Tide.*

tide.com/he

*Based on co-marketing agreements.





Why It's Worth It

More structured than ballet flats and more stylish than loafers, **TOD'S DRIVING SHOES** will rev up your wardrobe.

Gommino driving shoes, \$445; tod.com



THE WORKMANSHIP

Crafted in Italy, each shoe is handstitched from two pieces of rich calfskin leather and has 133 rubber pebbles on the sole, which provide both comfort and a distinctive look. (*Gommino* means "rubber tip" in Italian.) Other notable details: metal grommets and shoelace caps.

THE MATERIAL

Inspired by 1950s driving shoes popularized by the late Fiat head Gianni Agnelli, the iconic moccasins are available in more than a dozen colors and come in supple suede, nubuck, and leather. The more you wear the shoes, the softer they get; a leather insole adds comfort.

“With so many gorgeous colors to choose from, you’re sure to find your perfect pair—or pairs!”

—O CREATIVE DIRECTOR
ADAM GLASSMAN

COST PER WEAR*

Whether you select a colorful version to add pop to your outfit or a neutral pair to be your comfy go-tos, these classic shoes will earn their keep in no time. Wear them with pants—they look especially fabulous with khakis, jeans, cigarette pants, and trousers.

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PER
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YEARS
95¢
PER
WEAR

FIVE
YEARS
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PER
WEAR

*Assuming you wear the shoes three times a week.

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INTENSE DARK

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SAVOR THE MOMENTS

In our busy world, it's easy to overlook the small things that fill our days with joy. Taking a minute to enjoy something you love could be the difference between a good day and a great one.

Make your moments even more satisfying with indulgent, fruit-infused chocolate treats from Ghirardelli®. Try all four delicious flavors.



CABERNET MATINEE

This sweeter dark chocolate begins with the seductive flavor and aroma of a bouquet of blackberries intertwined with dark chocolate, finishing with the delightful essence of grapes.

Photo: iStockphoto.com

CHERRY TANGO

Velvety dark chocolate is combined with tangy cherry bits and crunchy roasted almonds, creating an enticing Intense Dark flavor.



MANGO SUNSET

Luxuriously alluring Intense Dark chocolate is infused with fragrant mango flavor and delivers a refreshing escape.



RASPBERRY RADIANCE

This sophisticated recipe has raspberry bits surrounded by Intense Dark chocolate infused with raspberry flavor.



To learn more about Ghirardelli's delectable Intense Dark chocolates, visit www.Ghirardelli.com/IntenseDark.



How to Shop Smart

Even if you love it, shopping can be grueling: pushy salespeople, mountains of merchandise, hideously lit dressing rooms (and don't get us started on the dreaded "fat mirrors"). Luckily, O creative director **Adam Glassman**, who has spent years advising and styling women across the country, knows how to make the process practically painless.

PLAN YOUR ATTACK

□ **ASSESS YOUR CLOSET** A few questions to ask yourself: *What do I need? Do I have eight printed blouses but only one neutral skirt, or vice versa? What three things do I feel best in, and what do they have in common (shape, color, fit)?* And finally, *What have I not worn in the past year?*

□ **FUEL UP** Don't shop when you're hungry, tired, or in a bad mood. Bring a bottle of water and snacks to keep your energy up, and wear comfortable shoes.

□ **ENLIST HELP** Ask a salesperson or a personal shopper to give you a heads-up about sales. If you're shopping online, look for promo codes before purchasing (a couple of good sites: RetailMeNot and Coupon Sherpa).

□ **PRIMP** Shopping is more fun when you look your best, so fix your hair and makeup. You'll be checking yourself out in the mirror all day.

IN THE FRAY

□ **BE FLEXIBLE ABOUT SIZING** Buy the size that fits, not the size you wish you were. Sizes vary by designer, so don't get hung up on the number on the tag.

□ **WALK THIS WAY** Hold off on buying shoes till the afternoon, when your feet are more swollen, to ensure proper fit. Try to walk on different surfaces to get the best sense of how the shoes feel.

□ **BE LEISURELY** If you have to shop for an event, don't wait until the last minute—when you could feel pressured into making

a bad decision. You may need extra time to find accessories or make alterations.

□ **BUILD FROM A STRONG BASE** Wear a supportive bra; nothing looks good on a saggy foundation. Hit the dressing room with your shapewear already on.

□ **DO THE TWIST** Always look at yourself in a three-way mirror, and sit down in a garment to make sure it's comfortable and that it doesn't ride up in an unflattering way. Have a friend take a picture of your rear view if you're still unsure. Put swimsuits to the towel test: Bend down as if you're picking up a towel, and see if anything falls out.

CLOSING THE DEAL

□ **KNOWLEDGE IS POWER** Ask about a store's return policy before you buy, and hold on to the receipt until you're sure you're keeping the item. For an online purchase, save the confirmation email.

□ **RESIST TEMPTATION** Don't buy an item on sale unless you love it. It's not a bargain if you don't wear it.

□ **SPLURGE WISELY** Never spend more than you can afford. It's not worth going into debt for fashion. If you want to invest, choose a timeless piece like the perfect black blazer, not a trendy item.

□ **KNOW WHEN TO PASS** Don't purchase embellished or delicate clothes you won't have time to care for. Also, accept that certain styles don't flatter you—maybe strapless, sleeveless, low-rise anything. It doesn't matter. Love the looks that love you back.

Dermatologist
Recommended
for Scars and
Stretch Marks*



"I read about Bio-Oil in a magazine, and decided to try some. I had been using two other products, which are both expensive. I felt they made some improvement but then I tried my Bio-Oil and... oh my goodness! I am using it on my arms, hands, chest, neck and complete face. The texture and color of my skin is amazing. I had two blemish scars on my face, which I notice less now, and the color of my skin has evened out – I didn't realize it was irregular until it changed. I told my husband I'm going to bathe in the stuff!"

Robynn Rose

Bio-Oil® is a specialist moisturizing oil formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, also helps improve the appearance of aging and dehydrated skin. For additional product information, please visit bio-oilusa.com. Bio-Oil is available at drugstores and leading retailers at the recommended selling price of \$11.99 (2fl.oz.). Individual results will vary.

*GfK Recommendation Study 12/2014



O, Beautiful!

FRAGRANCE ROYALTY ■ FOUNDATION BASICS ■ STUNNING SHADOWS

LOOK WHAT
WE FOUND!

Jewels in the Crown



The **Bulgari Le Gemme Collection** (\$155 for 1 ounce and \$310 for 3.4 ounces; bulgari.com) is a treasure trove of six transporting new fragrances, each captured in a bottle that represents a precious stone (clockwise from top): citrusy Maravilla, the citrine; soft, sandalwoody Calaluna, the moonstone; violet floral Ashlemah, the amethyst; spicy and vanilla Noorah, the turquoise; green, woody Lilaia, the peridot; and fruity floral Amarena, the tourmaline. Collect them all and be your own trophy wife.

STYLIST: MARISSA GIMENO FOR HALLEY RESOURCES

PHOTOGRAPH BY TRAVIS RATHBONE

APRIL 2015  oprah.com 57



O, Beautiful!

All About That Base

Forget daunting instructions aimed at helping you determine your "undertones." Finding just the right shade of foundation requires help from the pros—and getting to the truth behind these pervasive myths.

MYTH: There is one and only one foundation for you.

TRUTH: There are several shade options for everyone. The quickest way to find yours is to take advantage of beauty consultants if they're available. Consultants with computerized shade-finding programs are even better. One of our favorites is the Sephora + Pantone Color IQ foundation match system. Your face and neck are photographed, and the images are uploaded to a computer, which identifies your Color IQ number and compiles a list of matches. No help on hand? Read on....

MYTH: If you don't know whether your undertones are warm or cool, you'll never find the right shade.

TRUTH: Unless you're so fair that you get sunburned even when inside, you need a warm yellow-based foundation to counteract redness and add radiance, says makeup artist Bobbi Brown. If you're porcelain, you should look for a pink-based foundation.

MYTH: Your shade should exactly match your complexion.

TRUTH: Traditional formulas used to be thick and heavy, so it was important to find your perfect match, says makeup artist Nick Barose. But with today's lightweight and blendable formulas, you can focus on finding a base that simply evens your complexion and adds glow. If a shade seems a bit too light, sweep a deeper powder foundation or a light dusting of bronzer all over (especially across your hairline and jawline) to warm it up, recommends makeup artist Mally Roncal. If it's a little too dark, mix a pea-size amount of moisturizer with the same amount

of foundation, which will blend into a lighter color, says makeup artist Carmindy.

MYTH: The wider the shade range, the easier it is to find your match.

TRUTH: Foundation available in dozens of shades tends to be more opaque, while brands offering fewer shades are often sheer—meaning each shade is compatible with a wider range of skin tones, says Carmindy.

MYTH: The best way to test foundation is to swipe it on the back of your hand.

TRUTH: You should narrow your choices to three shades and then apply a thin, vertical stripe of each, starting about an inch in front of your ear and just below the cheekbone going down to your jawline, says Brown. This will help you see how each color blends into the skin on your face and neck.

MYTH: Beauty counter mirrors and fluorescent lights are ideal for testing foundation.

TRUTH: You need to do your testing in natural light. Once you've swiped three options, step outside with a hand mirror, says Carmindy. The correct shade will disappear into your skin.



HIT THE JACKPOT
WITH ONE OF
THESE SEVEN
NEW STANDOUTS.



TURN THE
PAGE FOR THE
SCOOP ON
CONCEALER



FROM TOP: **Clinique Beyond Perfecting Foundation + Concealer in Clove**, \$27; clinique.com / **Clarins Everlasting Foundation + SPF 15 in Hazelnut**, \$40; clarins.com / **Revlon PhotoReady Airbrush Effect Makeup in Rich Ginger**, \$14; [drugstores](http://drugstores.com) / **L'Oréal Paris Infallible Pro-Matte Foundation in Caramel Beige**, \$15; [drugstores](http://drugstores.com) / **Lancôme Miracle Cushion All-in-One Liquid Compact in Ivoire N**, \$47; lancome-usa.com / **Bobbi Brown Intensive Skin Serum Foundation SPF 40 in Warm Ivory**, \$62; bobbibrown cosmetics.com / **Maybelline New York FIT Me! Matte + Poreless Foundation in Porcelain**, \$8; [drugstores](http://drugstores.com)

CONSIDER YOUR FOLLICLES

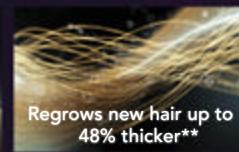
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O, Beautiful!

Undercover Agents

Two myths to ignore about concealer.

MYTH: It doesn't matter if your foundation and concealer are the same brand.

TRUTH: Foundations and concealers from the same line are typically formulated with similar pigments and ingredients, so they blend together better, says Barose.

MYTH: You should always use a concealer one shade lighter than your foundation.

TRUTH: If your goal is to brighten dark circles, then yes, choose a lighter concealer. But for blemishes or scars, you need a yellow-based shade as close as possible to that of your foundation. Anything lighter will highlight the spots you're trying to cover, says Carmindy.



FROM LEFT: **Shiseido Perfecting Stick Concealer** in **Natural**, \$25; shiseido.com / **Anastasia Beverly Hills Concealer** in **6.25**, \$20; anastasiabeverlyhills.com / **Rimmel London Hide the Blemish Concealer** in **Ivory**, \$5.50; drugstores

EXPIRED?

SHELF LIFE

Spring is here—and the change in season may have you switching up your skincare routine. But if you're digging out last year's lightweight moisturizer, check the expiration date. Most opened products lose their effectiveness after one year and some even sooner, according to cosmetic chemist Ni'Kita Wilson. (See a complete list at right.) Expired products may not only lack potency, but could also cause an adverse skin reaction. If you're unsure how old something is, the general rule is to toss anything that has significantly changed in color or odor, or separated, clumped, thickened, or thinned, says cosmetic chemist Mort Westman. All are signs that the product has gone bad.

MATCHED SET

Take Two

We love the pulled-together feeling that comes from a coordinated look, so we're always on the hunt for perfect pairings. The latest to catch our favor: this cheery sherbet pink polish and bold raspberry lip gloss. Wear them together for a deliciously flattering effect.



OPI NAIL LACQUER
in **Suzi Shops & Island Hops**, \$9.50; ulta.com
KJAER WEIS LIP TINT
in **Rapture**, \$49; net-a-porter.com

HOW LONG CAN I KEEP IT?

	UNOPENED	OPENED
MOISTURIZER	2-3 YEARS	up to 1 YEAR

	UNOPENED	OPENED
SUNSCREEN	2-3 YEARS	6-1 MOS. YEAR

TREATMENT PRODUCTS (SUCH AS FACIAL SERUM, RETINOID, AHAS, OR VITAMIN C) IN A PUMP OR TUBE

	UNOPENED OR OPENED
	no longer than 1 YEAR

	UNOPENED	OPENED
TREATMENT PRODUCTS IN A JAR	no longer than 1 YEAR	up to 6 MOS.

	UNOPENED	OPENED
MASKS	2-3 YEARS	up to 1 YEAR*

*For cream or gel masks. Clay masks tend to dry out once opened, so they may last only six months.

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O, Beautiful!



Val's BEAUTY BUZZ

O'S BEAUTY DIRECTOR, **VALERIE MONROE**, ON WHAT YOU NEED...AND WHAT YOU'LL LOVE.



Lighten Up

My blonde and silver-haired friends will be enjoying radiant days ahead with the new **Oribe** (pronounced or-BAY, in case you were wondering) **Bright Blonde Shampoo and Conditioner for Beautiful Color** (shampoo, \$44, and conditioner, \$46; oribe.com). Both contain violet pigments to correct brassiness and UV protection to shield hair from the color-fading effects of the sun.



Twilight Saga

The shimmery, delicate shades in the **Cle de Peau Beauté Eye Color Quad** in **Moon Beam** (\$80; cledepeaubeaute.com) remind me of *l'heure bleue*, that magical hour when the sun has just set, night hasn't yet fallen, and the light is transcendently beautiful. To create your own dreamy evening look, line your eyes with the aqua or the dark plum, and use the heavenly pale pink or gold to highlight your lid and browbone.



Mouth Piece

Isn't it interesting the way some sophisticated things are really simple? Like the perfect black sheath. And a bold red lipstick.

Try one of these newcomers (from top): **Chanel Rouge Coco Ultra Hydrating Lip Colour** in **Arthur**, a fire-engine red (\$36; chanel.com); the vermillion **Tatcha Kyoto Red Silk Lipstick** (\$55; tatcha.com); or **Dolce & Gabbana Matte Lipstick** in **Dolce Passion**, a rich brick (\$37; saksfifthavenue.com).



Enriched Flower

There's something in the air these days that's making me deeply happy. And it can make you happy, too. Behold **Armani/Privé Pivoine Suzhou** (\$165; armanibeauty.com), my newest fragrance indulgence, a divine bouquet of sweet peony and bright, clear notes of tangerine, pink pepper, and raspberry.



How can I restore my disappearing eyebrows?

According to my very own eyebrow guru, **Eliza Petrescu** (elizaseyes.com), the best way to make your brows look denser and more defined is to have them professionally shaped. Then either have them darkened with a vegetable dye, or fill them in yourself with a pencil a shade darker than your haircolor, using short, feathery strokes. If bald patches are your problem, apply a bit of Rogaine with a cotton swab once a day.



If you have a question about makeup, skincare, or haircare, ask Val at askval@hearst.com or oprah.com/askval. Follow Val on Twitter @thisisvalmonroe.



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AN ANTI-AGING BREAKTHROUGH BY THE POND'S INSTITUTE

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Ready, Set, Spring!

From secrets for velvety skin to the smartest advice for shaving and waxing, we've got the info you need to get your body into optimum condition. Start with this two-step glow-inducing plan.

STEP 1

► EXFOLIATE

Getting supremely supple skin isn't just a matter of slapping on a coat of lotion and calling it a day. First you have to deal with the dead cells that have built up on the skin's surface. Eliminating this debris allows light to reflect evenly off the skin, giving you more glow. It also helps your moisturizer penetrate more deeply, increasing its effectiveness. When it comes to exfoliation, take your pick between two options: physical (like a scrub) and chemical (such as an acid-based lotion).

LET'S GET PHYSICAL

For an immediate improvement, try a mechanical exfoliant, which works by literally buffing off the layer of dead skin, says Washington, D.C., dermatologist Tina Alster, MD. The options? A loofah, a body polish, or a sugar or salt scrub. You will be unsurprised to learn that in general,

softer scrubbing particles are gentler on your skin. Of course, if the scrubber is too soft (think jojoba beads), it's not worth the trouble. So where's the sweet spot? "I think sugar grains are the ideal," says Miami dermatologist Leslie Baumann, MD. Just don't overdo any physical exfoliant: You risk going from dull to irritated.

CHEMICAL ATTRACTION

Chemical exfoliants loosen the bonds that hold skin cells together, says Alster. "As we age, the cells get stickier and the mortar is denser, so cellular buildup is more likely to occur." The best ingredients to tackle the job, according to Baumann, are alpha hydroxy acids, such as glycolic acid, and beta hydroxy acids, like salicylic acid, which

is also good for breakouts because it cleans your pores and reduces acne-related inflammation. You can find acids in all kinds of products, but Baumann suggests a lotion or a cream because they are easy to apply and remain on your skin instead of getting rinsed off. When used once or twice a week, chemical exfoliants will produce results in about two weeks to a month, Alster says.



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STEP 2

► MOISTURIZE

Now comes the hydration. If you want ultrasoft skin (and who doesn't?), look for two kinds of ingredients, advises Naana Boakye, MD, a dermatologist in Englewood Cliffs, New Jersey. "Occlusive moisturizers, such as jojoba oil or petrolatum, work by forming a barrier that blocks water from escaping the skin," Boakye says. "Humectants like glycerin, urea, and hyaluronic acid attract water to skin." To harness maximum benefits, choose a product containing both types. Keep in mind that generally, the thicker the moisturizer, the stronger it is: A butter is more hydrating than a lotion, which is more powerful than a milk. One effective trick for extra-dry skin is to apply a layer of oil to damp skin first and then seal it with a coat of cream.

TOUGH PROBLEMS

Skin on **elbows, knees, and heels** tends to be thicker than the skin on the rest of the body; it's also drier. To eradicate rough, flaky patches, Boakye suggests a lotion or cream containing lactic acid or urea, which are exfoliants as well as humectants, to improve texture and hydrate. Apply daily and you should see improvement in three to four weeks, she says.

Red or white bumps on your upper arms and thighs may be due to keratosis pilaris, the buildup of dead cells around hair follicles. Boakye often prescribes a regimen of a 15 percent glycolic acid lotion daily, along with a scrub two or three times a week. "It usually takes up to three weeks to see significant improvement," she says.

For the **skin on your neck and chest**, you can use the same treatment products you use on your face, with a caveat: This skin is thinner and has fewer oil glands, so it's more sensitive to active ingredients, says Brooke Jackson, MD, a dermatologist in Chapel Hill, North Carolina. Dilute facial treatments, like vitamin C serums and retinoids, by blending them with a pea-size drop of moisturizer. And remember to prevent further damage by applying an SPF 30 daily, says New York City dermatologist Ellen Marmur, MD.





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HAIR TODAY, GONE TOMORROW

Have you grown lazy about shaving and waxing during the winter? With warm days ahead, now's the time to get your defuzzing routine in order.



► SMARTER SHAVES

SMOOTH OPERATOR

For the closest shave, look for a four- or five-blade razor with a moisturizing strip (to help the razor glide easily and to hydrate your skin, preventing razor burn and irritation) and a skin guard (to stop the blades from hitting your skin unevenly, which can cause cuts and nicks), says New York City dermatologist Whitney Bowe, MD.

WASH CYCLE

Wait till you've been in the shower for at least five minutes before shaving, recommends Bowe. The warm, moist air softens your skin and body hair, making it easier to get a precise shave.

TECHNICAL SUPPORT

The right technique minimizes ingrown hairs, irritation, and even stubble, says Bowe. Shave first in the direction of your hair growth and then in the opposite direction, making sure to rinse the razor after every few strokes.

SPECIAL CARE

To treat ingrown hairs, apply an over-the-counter 1 percent hydrocortisone cream twice daily. For razor burn or irritation, apply a soothing moisturizer containing glycerin, shea butter, vitamins A or E, ceramides, or colloidal oatmeal, says Bowe.

NEVER A DULL MOMENT

Is your razor dragging rather than gliding? It's time to replace it. To extend the life of a razor, allow it to dry completely between uses.

► WAXING WISDOM

PROCEED WITH CAUTION

Most women tend to be more sensitive to pain right around menstruation, so if you can, avoid waxing four days before your period, during, and four days after, says Jodi Shays, owner of the Queen Bee Salon & Spa in Brentwood and Culver City, California. Retinoids, alpha hydroxy acids, and benzoyl peroxide can increase skin sensitivity and fragility, so stop using them one week before you wax, advises Bowe.

THE PRIMER

To prep the skin, take a warm shower and gently exfoliate with a loofah or a mild scrub. Twenty minutes before waxing, you may want to pop an ibuprofen to help alleviate pain and inflammation.

WAX ON, WAX OFF

Sensitive skin? Use hard wax, which tends to be less irritating. Apply it in the direction of hair growth, and quickly remove it in the opposite direction, says Shays. Equally important: Avoid pulling up (toward the ceiling), which can cause the hair to break off and lead to bruising.

MIXOLOGIST MAGIC

To soothe redness, soak a washcloth in a bowl with milk and ice and apply it to the area for five to ten minutes daily until inflammation subsides, says Bowe. Then coat the skin with a moisturizer. You can also massage a blend of organic aloe vera and cortisone cream into the skin, says Shays.





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In her provocative new book, a psychiatrist takes a hard look at the way we use antidepressants.

By Beth Levine



AT SOME POINT (okay, maybe at several points), you have probably unleashed your inner dragoness, the one who gets enraged, spits a little fire, and—goddess forbid!—isn't a ray of sunshine. Traditionally, we've been taught that this side of ourselves is bad, bad, bad. And increasingly, we're being prescribed antidepressants and antianxiety meds to proceed on a more even, less emotional keel. But Julie Holland, MD, a psychiatrist who specializes in psychopharmacology and is the author of the cheekily titled new book *Moody Bitches: The Truth About the Drugs You're Taking, the Sleep You're Missing, the Sex You're Not Having, and What's Really Making You Crazy*, says that the more we medicate, the more we cheat ourselves out of rich, full lives. "I'm not saying women with clear psychiatric disorders, such as major chronic depression and bipolar disorder, should stop taking their meds," says Holland. "But I do believe that too many women are being told to medicate away their essential, authentic selves."

Research does show that mood disorders may be overdiagnosed: A 2013 study of more than 5,000 people found that nearly 62 percent had been told by a medical professional that they had depression even though they did not meet the clinical criteria. Holland's advice: Embrace your moods. *All* of them. "One of the gifts women have is the ability to be sensitive to their environment and empathetic to people around them," she says. "We can intuit what's going on and who needs what—and we shouldn't tamp down our natural emotionality." Yet while advocating against overmedication seems sensible enough, are things really that simple? We asked Holland, who has treated patients for nearly 20 years, to convince us that there's a pill-free way to develop a healthy balance.

Q: What's so great about being angry or anxious?

A: Many people don't recognize that their feelings can be an important feedback system. Irritation or resentment could tip you

off to an imbalance of effort or compassion in a relationship. Depression may mean something in your life needs to change. I had a patient who called me crying from work one day and said, "I think we need to up my antidepressants." Then she proceeded to tell me a horrible story about her abusive boss. My response: "We don't need to medicate away your indignant feelings. He behaved

don't care! Silencing the signals that you need to make necessary changes in your life—like confronting a mean manager or ending a bad relationship—can leave you in a paralyzing state of denial.

Q: Are you saying antidepressants make it hard to take a clear-eyed look at our problems?

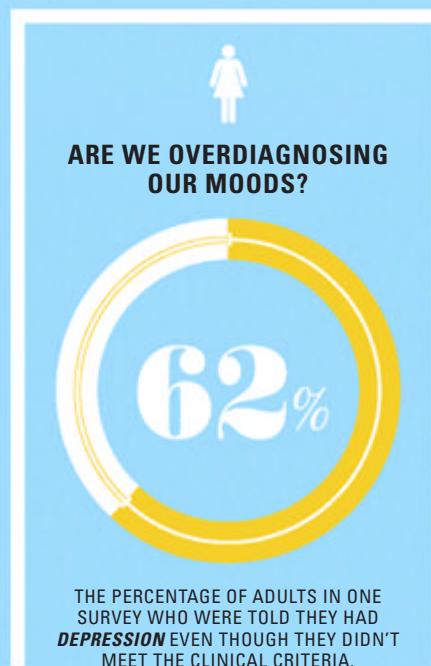
"Too many women are being told to medicate away their essential, authentic selves."

very badly, and for you to increase your medicine so you don't *mind* that he behaved very badly doesn't do anyone any favors." My point was that being more accommodating and thick-skinned isn't necessarily the answer. You can't just medicate yourself so you

A: A large number of my patients feel happier and more relaxed on the antidepressants known as SSRIs (selective serotonin reuptake inhibitors), and nearly all antianxiety meds are sedating. These drugs can clearly work, but there may be a cost. Not only may you be more likely to experience apathy, you may also feel less empathy. And many women are on a combination of oral contraception and antidepressants. So they have artificially high estrogen levels from the pill and artificially high serotonin levels from the antidepressants, which may improve their moods to the point where there's a lot of accommodating going on. They end up suppressing their own agenda and desires in service to others. Another issue is that women will say they don't feel things as deeply, which may be a relief, but again, they're not being their real selves.

Q: I was surprised to learn that fewer than 30 percent of Americans taking one antidepressant and fewer than half of those taking multiple meds have seen a mental health professional in the past year.

A: Here's the analogy I use: If you're going





down a bumpy road, you need some shock absorbers. Otherwise, you'll feel every pothole. Therapy is like a set of emotional shock absorbers. If you do the work, you learn how to create patterns in your thinking and behavior that can help you be more resilient in times of stress. If you're only taking meds without also seeing a therapist, you're not learning any new skills, so when you stop taking the drugs, you're not really any better off. I encourage—borderline insist—that my patients go into therapy. I want people to adopt healthier coping strategies so they can get off meds. That's the goal. You're not meant to stay on these drugs for decades.

Q: So patients in therapy are more likely to eventually get off antidepressants?

A: Yes, but I would add that among my patients, the ones who are most likely to get off meds are also the ones who do regular cardio. I've seen it over and over. When people become regular exercisers, they need

lower doses or they can get off their meds entirely. As much as I bug my patients about being in therapy, I really nudge them about physical activity. It makes a big difference in helping people feel their best—at which point they don't have the need to blunt their natural emotions with medicine.

Q: You also say women should track their hormonal cycle in order to tap into their moods. Why?

A: I had a patient who told me that none of her previous doctors had ever brought up the idea that there could be a cyclical pattern to her depression. I actually have quite a few patients who never put it together until I asked them to find their natural emotional baseline by tracking their moods over the course of one monthly cycle. There are times when estrogen and serotonin are high—usually the first half of the cycle—when everything's probably better and you feel resilient and efficient. That's a time to get things done. Right before your period, when estrogen and serotonin levels bottom

out, you may feel on edge—more aware of social slights, more sensitive to rejection. If you chart the highs and lows, you'll know what to expect and prepare better.

Q: But should we have to plan our lives around our hormones?

A: Part of being authentic means owning the fact that you're reactive, adaptive, and emotional. On the days you're less accommodating and more critical, I suggest you use that time to take an honest inventory. What's important to you? What's out of place? What's overwhelming? When you're feeling more diplomatic, you can start to implement some changes. But you have to own those critical feelings. Don't brush them off as PMS. When you take stock and address any issues you notice, you're giving yourself the chance to remain true to you. ☀



Does Milk Do a Body Good?

We review the data.

 **WHAT'S AS AMERICAN AS APPLE PIE?** The glass of milk you wash it down with—and the one you guzzled as a kid in order to grow big and strong. According to the U.S. Department of Agriculture, we should still be getting our fill: The government recommends that everyone age 9 and older consume three cups of “fluid milk products” or “foods made from milk” daily. That’s because dairy is vital to healthy bones. Or is it?

“Milk is not essential for good health and wellness, nor is it the best source of calcium,” says Alissa Hamilton, PhD, a former Institute for Agriculture and Trade Policy fellow who spent two

*Swap out sugar
for a sweet afternoon*



years researching the science behind the dairy darling for her new book, *Got Milked? The Great Dairy Deception and Why You'll Thrive Without Milk*. "I was surprised to learn that the calcium recommendations we rely on aren't evidence based, and I continue to be amazed by the prevalence of misleading claims about milk's benefits. I'm not saying milk is evil, but it's not a must-have that will solve our bone problems and make us super-healthy." Here, three of Hamilton's most surprising findings.

MILK'S BONE-HEALTH BENEFITS ARE QUESTIONABLE. A 2011 *Journal of Bone and Mineral Research* review that pooled data from six studies (involving nearly 200,000 women) found no link between milk consumption and a reduced risk of hip fracture. How could that be? Some researchers believe it's the result of getting too little vitamin D, which is crucial for calcium absorption; even four 8-ounce glasses

of vitamin D-fortified milk falls short of the recommended daily allowance. In fact, countries that consume more dairy and calcium have higher rates of fracture. Plus, calcium and D aren't all your bones need: One cup of milk is a poor source of vitamin K and has only 6 to 7 percent of your daily value of magnesium, both of which are important nutrients for bone health.

TOO MUCH MILK MAY CARRY ITS OWN RISKS. The USDA recommends adults get 1,000 to 1,200 milligrams of calcium daily—which Hamilton says may be excessive: "The recommendations for calcium in North America are among the highest in the world, but research is showing that calcium above 700 or 800 milligrams per day may increase risk for various health problems." A 2014 report in the journal *BMJ* found that women who drank three or more servings of milk daily had a higher mortality rate than those who drank less than one glass a day. The report sug-

gests milk consumption can affect the risks of heart disease and some cancers, potentially because lactose may play a role in promoting chronic inflammation.

OUR ADULT BODIES WEREN'T DESIGNED TO DIGEST MILK, ANYWAY. Many people assume that lactose intolerance (which affects about 65 percent of adults) is a type of digestive malfunction. In fact, it's just your body responding as it should. "The ability to digest milk as an adult is actually the result of a genetic mutation," Hamilton says. When we're young, our small intestines produce the enzyme lactase, which helps us digest the lactose in our mothers' milk (and cows' milk). As we grow, the body's production of the enzyme slows or stops, leaving us with unfun stomach trouble that gurgles up when we try to process lactose. Every other mammal stops drinking milk after babyhood—humans are the only ones who didn't get the memo. —ANNA MALTBY

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The Migraine in My Butt

After more than a decade of doctors' visits, *Juno DeMelo* finally figured out how to heal her mysterious injury—she just had to open her mind to it first.



I HAVEN'T YET considered Botox for wrinkles, but five years ago I had it injected into my left butt cheek. It was my umpteenth attempt at unclenching my piriformis, the tiny muscle deep behind your glutes that in my case throbbed every time I sat down.

By the time I resorted to Botox, I'd had piriformis syndrome for 14 years. The pain developed a few months after I joined the cross-country team in my freshman year of high school. The most common causes are trauma and overuse, but having weak hip abductor muscles that force your piriformis to pick up the slack; pronating your feet when you walk; running on sloped surfaces; or sleeping with one leg hitched up toward your chest can also cause or exacerbate the condition.

Addressing those triggers should have cleared up the discomfort, but the pulsating

pain persisted. To rest the muscle, I quit exercising for six months. I was in and out of physical therapy for five years. I got pricked by an acupuncturist and realigned by a chiropractor. I sat on lacrosse balls and then avoided sitting altogether. I even considered paying thousands of dollars for an experimental surgery to make the pain disappear by cutting the troubled tendon or muscle.

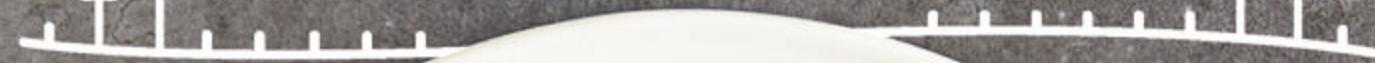
And then, three years ago, a family friend suggested that the pain might be in my head. I was offended—how dare she imply I was making it up!—and hugely skeptical when she recommended I read *The Mindbody Prescription*, which she swore had helped her find relief after years of back pain. The book was written by John E. Sarno, MD, former director of outpatient services at Rusk Institute of Rehabilitation Medicine in New York and something of a messiah to chronic pain sufferers everywhere. His theory hinges

on the premise that your mind tells your nervous system to decrease blood flow to your muscles in order to cause painful oxygen deprivation—and thereby distract you from simmering anger, anxiety, and other feelings your subconscious would rather keep tamped down. Excuse me? It sounded crunchy, crazy, and insulting. On the other hand, I was running out of options.

Sarno coined the term *tension myositis syndrome* (TMS), for which he prescribes deep soul-searching to uncover and resolve unconscious emotions. In two surveys he conducted in the 1980s, the majority of his patients were leading pain-free lives after TMS treatment; a small study coauthored by a former research assistant found that people with a moderate level of chronic back pain saw their discomfort reduce by 52 percent.

As you might expect, TMS isn't widely accepted by the mainstream medical com-

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munity. While well-known integrative medicine expert Andrew Weil, MD, has advocated Sarno's methods, "many physicians are incapable of accepting that there's a mind-body connection," says Sarno's successor, Ira Rashbaum, MD, now the lead TMS physician at Rusk. (Sarno, 91, no longer sees patients.) "Even when injury has been ruled out, it's still very difficult for some doctors to believe that physical pain can originate in the mind."

New evidence of the brain's influence over pain has helped bolster Sarno's theory. In a 2014 University of Oxford review of 53 clinical trials comparing real surgeries intended to treat mostly non-life-threatening conditions, such as low back pain, to those designed to elicit a placebo effect, 74 percent of the trials revealed that subjects showed improvement even when no procedure was performed. "Placebos cause the brain to release opioids, neurochemicals that are natural pain relievers," explains Tor Wager, PhD, director of the Cognitive and Affective Neuroscience Lab at the University of Colorado, Boulder. "Your brain does this when you're in pain—and when you believe you're receiving therapeutic treatment."

Unfortunately for most people who suffer from chronic pain, you can't undergo such sham procedures outside a study setting. Still, you can outsmart the mind by treating it, as Rashbaum says, like the "big phony" it can sometimes be. For me, this meant no more stretching, no more injections, no more MRIs (none of which had revealed anything conclusive anyway). Instead, I had to focus on unearthing my repressed emotions. I began filling the pages of a journal with all the ways I'd felt I was falling short around the time the pain started. I'd overprepared for tests and obsessed about papers, which got me into a top public college that I moaned because it wasn't Ivy League. In addition to working a part-time job and taking a full course load of AP classes, I walked the family dogs, made dinner, and babysat my younger siblings—but would still give my parents birthday cards in which I'd apologize for not being a better daughter. TMS sufferers, I learned from Rashbaum, tend to be highly competitive, critical, overachieving perfectionists. The more I cataloged, the more convinced I became that the pain really might be coming from the top down.

After about four months of journaling, the throbbing in my butt became sporadic; then one day it was just gone. I remember nervously anticipating its return on a flight from New York to San Diego, waiting for the dull ache that usually brought me to tears when I had to sit for hours. But this time I stepped out of the airport into the bright sunshine, bursting with the news that I felt...nothing! I stopped sleeping with the band around my ankles that kept me from bending my leg at night. I quit kneeling at my computer and rolled my office chair back into my cubicle like a normal person.

root. So I signed up for a mindfulness meditation course. I'd come across a recent review of 47 studies from Johns Hopkins University suggesting that the practice could help reduce anxiety and pain.

At first, meditation actually made the throbbing worse. "That's such a common reaction, I've come up with an analogy for it," says Judson Brewer, MD, PhD, director of research at the University of Massachusetts Medical School's Center for Mindfulness. "Your mind is like a river that has always had sediment at the bottom, and meditation kicks it up and makes it very cloudy.

"It's still very difficult for some to believe that physical pain can originate in the mind."

For years afterward I was an evangelist, spreading Sarno's gospel to every friend and family member with a supposedly bad back or pinched nerve. But my faith was tested last fall after my husband and I relocated to Portland, Oregon. I quit my job; we bought a home sight unseen. With the stress of a fresh start came that old familiar sting in my butt, so I dutifully returned to journaling. This time, though, that felt like nipping the problem in the bud. I wanted to kill it at the

But as it gets washed downstream, your mind becomes clear and the pain is much more manageable."

So I've kept at it, and Brewer is right: The pain is again subsiding. I've dragged a velvet cushion out of the garage to sit on as I meditate. Not, mind you, because I think my piriformis needs cosseting, but because I hope the pillow's bohemian vibe will help me become a person whose uninhibited feelings bring me only a sense of relief. ☀



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The Hope Vaccine

Promising new research and a first-of-its-kind clinical trial may be game changers in the fight against ovarian cancer.

THE PROBLEM: While more people are outliving cancer (overall death rates have fallen 22 percent since 1991), ovarian cancer remains stubbornly hard to beat. More than 21,000 women will be diagnosed with it this year, and about 14,000 will die. Because there's no standard screening test and the symptoms—which include bloating and pelvic pain—are so vague, most women are in stage III or IV by the time they're diagnosed.

THE BREAKTHROUGH: Until recently, doctors weren't routinely able to identify which genetic mutations in a person's cancer cells would elicit a response from the body's

immune system. But new research in the *Journal of Experimental Medicine* reveals that scientists have developed a way to do just that, enabling them to create customized vaccines they hope the body will use to mount an attack. "It takes about two to four weeks to analyze a sample of a patient's cells and blood to know which mutations to go after," says study coauthor Pramod Srivastava, MD, PhD, director of the University of Connecticut's Neag Comprehensive Cancer Center, who leads the team launching the first human clinical trial for this type of vaccine for ovarian cancer patients.

THE PAYOFF: It's certainly time-consuming to create drugs tailored to each woman's specific genetic makeup, but the vaccines may be the key to staving off lethal recurrences; ovarian cancer commonly resurfaces within three years of treatment. Now doctors see that period as a window of opportunity to boost a patient's immune response so she's better able to fight rogue cells that return. "If we can prolong life by a year or more, that's huge," says Srivastava. "This could reshape the way we fight many types of cancer." —JENNIFER KAYLIN



What's the Best Way to Dry Your Hands?

ILLUSTRATIONS: PAPER CUT, FR. DRYERS (FROM LEFT): MILE ATANASOV/ISTOCK, JOHNNY JONES/ALAMY, VOYAGERIX/SHUTTERSTOCK.

YOU ALREADY KNOW how important it is to wash your hands, but did you know your drying style matters, too? "Wet or damp hands that have just been washed can still carry bacteria and viruses that won't be removed until hands are thoroughly dried," says Mark Wilcox, MD, coauthor of a recent study in the *Journal of Hospital Infection* that tested three popular drying methods. Which was the germiest? Wilcox airs it out....



GERM CENTRAL JET-AIR DRYERS
They're guaranteed to dry your hands—and fast—but Wilcox's study found that jet-air dryers spread more than four times as many microbes through the air as regular warm-air dryers. "Due to the design, high-velocity air blows bacteria upward—which may hit your face," says Wilcox.

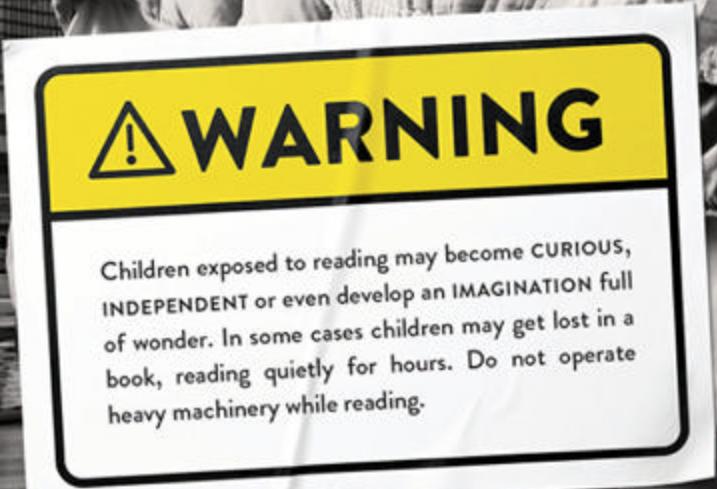
DRY WITH CAUTION WARM-AIR DRYERS
Because these machines blow air with less intensity than jet dryers, fewer airborne germs will circulate. But there's often a bigger problem, says Wilcox: "A lot of people get impatient waiting for their hands to dry and end up wiping them on their pants—which only moves bacteria to their clothes."

BEST BET PAPER TOWELS
While paper towels are not the most environmentally friendly solution, they spread 27 times fewer microbes than a jet-air dryer. Until the design flaws in electric dryers are remedied, paper towels are the cleanest option we have.

—ARIANNA DAVIS

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In Search of Time

THE AUTHOR OF *THE REMAINS OF THE DAY* EXPERIMENTS WITH MYTH AND MEMORY.

BEFORE WE MEET anyone else in **The Buried Giant** (Knopf), Kazuo Ishiguro's long-awaited return to the novel, we're introduced to an "I" and a "you." The "I" is the narrator—one intimately familiar with the mythic, post-Arthurian Britain that's to be the landscape of the tale—and the "you" is us. Or at least the version of us that can believe in the ogres and pixies who will be in attendance, along with an aging Sir Gawain and the dragon he's been circling for years. We believe in them not only because Ishiguro is an enchanter, but because we've always believed, raised as we were on fairy tales—whose presence here feels not like left-field fantasy, but essential truth borne of humanity's deepest wishes and fears.

As Axl and Beatrice, the elderly couple at the book's heart, set forth to find their grown son, they're hampered by a heavy mist that holds all of Britain under an amnesic spell. A she-dragon named

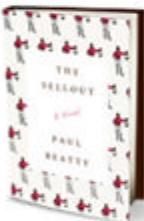


Querig is producing the gray cloud, and before long the duo is diverted, along with a Saxon warrior and a young boy, onto a journey to slay her. This is a quest in the most traditional sense, and yet when the odyssey is complete, the results are far more modern, more ambiguous—more Ishiguro—than tradition would dictate. Was there, after all, a benefit to the mist? Can the country's fragile peace, and even Axl and Beatrice's love, survive without it?

Fans of Ishiguro's earlier work will be prepared for his splendidly disconcerting conclusion. As the cloud lifts in the book's final pages and the characters begin recalling past pain and loss and love, we start remembering things we've known all along as well. Namely, that there are at least two reasons we read: to be entertained, and to be shaken to the core. And perhaps a third: that we still, after all these years, need someone to sit us down and tell us a fairy tale. —REBECCA MAKKAI

IS NOTHING SACRED?

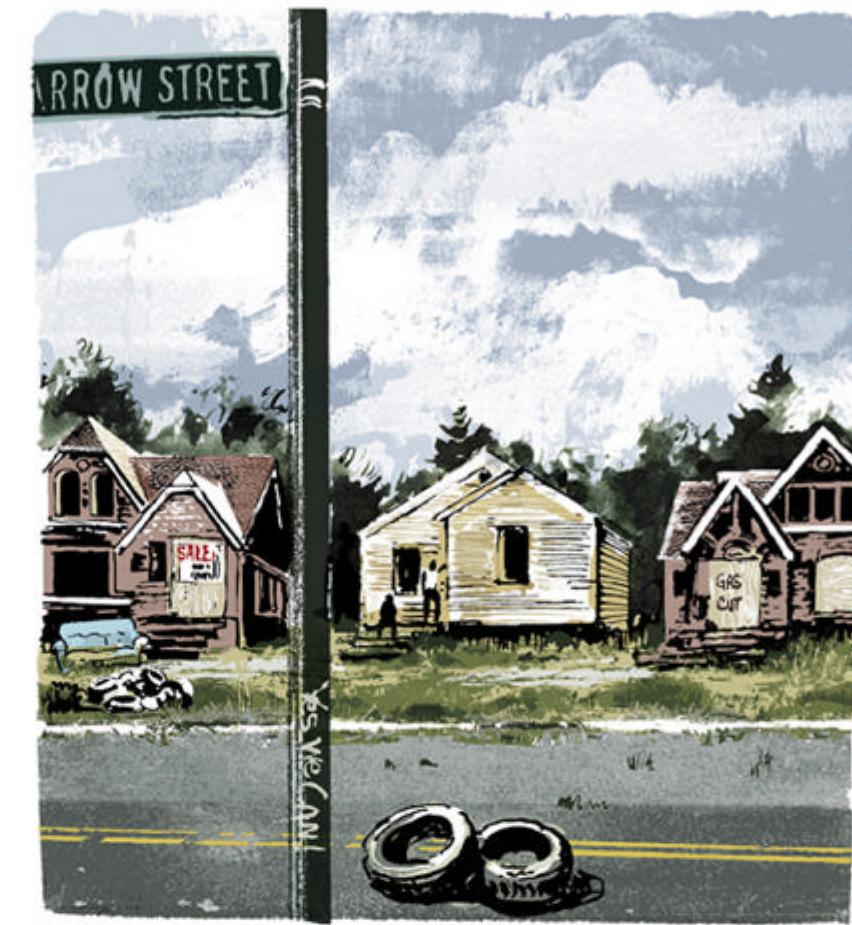
Paul Beatty delivers an incendiary new novel.



LET'S GET THIS out of the way: *The Sellout* (FSG) is a work of genius, a satirical opus on race in 21st-century America. It takes place mostly in a California ghetto called Dickens, once an agrarian community whose founding character set forth that it would be free of "Chinamen, Spanish of all shades, dialects, and hats, Frenchmen, redheads, city slickers, and unskilled Jews." The narrator (surname Me and nicknamed the Sellout) is an African American man who was raised by a race-obsessed father out to unlock the keys to "black liberty." He wasn't above using his son as a guinea pig, regularly subjecting him to social experiments, including administering electric shock if he failed to come up with the right answers to his random black history quizzes. Me grows up to be a radical-idea-chasing, N-word-dropping, weed-smoking farmer. After L.A. County literally drops Dickens off the map to keep up property values in the affluent areas nearby, Me concocts an outrageous plan to restore it.

Beatty, a provocateur best known for his novel *The White Boy Shuffle*, here explores racism by taking it to absurd proportions. At one point, Me attends a cabal of black thinkers, among them the creator of a send-up of *The Adventures of Tom Sawyer* in which Tom is a "preppy black boy, wearing penny loafers and argyle socks." Its author refers to his work as a "WME, a Weapon of Mass Education," a title that would be as apt for *The Sellout*, which inventively challenges the tenets of racial equality, exploding and laying bare our biases and ignorance. —MITCHELL JACKSON

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ON YARROW STREET

A first-time novelist's fictional family is drawn from real life.

WHAT IS MOST exciting about Angela Flournoy's debut novel, *The Turner House* (HMH), is that while history is everywhere in it—haunting its characters, embedded in the walls of the titular house and in the crumbling streets of Detroit—the book tingles with immediacy. Flournoy has written an epic that feels deeply personal.

Through the Turners—Viola and Francis and their 13 children, all of them striving to leave behind memories of hopelessness and partake of the American dream—she tells the story of the Great Migration. The book is ambitious but never pedantic because Lelah, Cha-Cha, and the others who grew up on Yarrow Street feel so much like living, breathing people. When Lelah—who's hit bottom at age 41 after losing her job and her apartment (not to mention her pride) to a gambling addiction—sits at a roulette table deliberating whether to place another bet, we feel her anguish and her adrenaline rush. When her lover discovers she is squatting in the now abandoned home where she grew up, we experience both her shame and the liberation confession brings.

As the oldest of the clan, Cha-Cha is the center of gravity, the one everyone depends on. He's thrown off balance by the reappearance of a haint he first saw as a child, which causes him to crash his truck and ultimately rethink his life. The scenes in the office of the therapist he's mandated to see after the accident are poignant and unsettling—they gleam with both the possibility of growth and the risk of never being able to return to the person he once was.

Growing up, Flournoy spent time in her grandparents' Detroit home, where they raised their 13 children. In writing the book, she was inspired by something Zora Neale Hurston once said: "Mouths don't empty themselves unless the ears are sympathetic and knowing." In the end, it is Flournoy's finely tuned empathy that infuses her characters with a radiant humanity. —LEIGH HABER



UNDER STARRY SKIES

Cattle rancher and author Tom McGuane rustles up some of his best stories yet.



IN 1934, COLE PORTER, adapting a Montana poet/engineer's lyrics, crafted "Don't Fence Me In." Thomas McGuane's dazzling new collection, *Crow Fair* (Knopf), invokes the grit and determination of Westerners who assert their right to *let me be by myself in the evening breeze / Listen to the murmur of the cottonwood trees.*

McGuane's scrupulous prose and majestic Big Sky setting thread together these 17 stories, highlighting a cast of characters who struggle to face down misfortune. A former prostitute schemes her way to respectability by marrying a closeted gay man. A troubled grandson takes his blind, authoritarian grandmother on a riverside picnic only to discover a corpse floating downstream.



Now in his 70s, McGuane here continues to burnish his reputation with some of his most accomplished fiction to date. —HAMILTON CAIN

Note to Self

An admired author revisits a writing form she favored as a little girl.



NOVELIST HEIDI JULAVITS'S best book yet isn't a work of fiction, but a "journal" written for public consumption. *The Folded Clock* (Doubleday) is a cleverly crafted, thoughtfully entertaining series of meditations on personhood and culture inspired by a diary the author started keeping when she was 8.

Young Heidi's journal was full of a child's flat assertions of desire: "I want to have a thin lovely figure..." reads that girlish record of her former self, "popular, lots of friends, no pimples, a nicer nose." Happily, the 40-something Julavits's diary is a far more complex and captivating read that contemplates everything from awkward social obligations to materialism, motherhood, and little white lies—even why *The Bachelor* franchise has redeeming value.

A fixture on the literary scene, Julavits chronicles art shows and encounters with this or that unnamed writer friend, now and then touching on the competition she feels at times with her writer husband, Ben Marcus. Both overtly and covertly, she raises the questions, How do we curate our own lives when everything about them may wind up in print? Can we ever expect naked truth from a diary, or do we invariably receive a sanitized version?

Maybe, Julavits's work suggests, the best we can hope for is a deeply mediated honesty—for words are always equal parts mask and revelation. —LYDIA MILLET



Bettyville

By George Hodgman

The tender, true tale of a magazine editor who returns to his tiny Missouri hometown to care for his sharp-tongued mother—who just won't go gentle into that good night.

If the Oceans Were Ink

By Carla Power

An account of the friendship between a secular Midwesterner and an Islamic scholar as they journey through the Muslim world, discussing, debating, and spreading the peace the Qur'an insists upon.

The Tusk That Did the Damage

By Tania James

Navigate the high-stakes world of the ivory trade with the novel's indelible narrators, among them an orphaned elephant known for goring and burying his victims.

Ravensbrück

By Sarah Helm

This untold story of the concentration camp Hitler built for female prisoners illuminates the attempted escapes, executions, and impossible courage of women history conspired to forget.

Like a Song

By Michelle Herman

A collection of six quietly transgressive pieces about music that ultimately asks, Why speak when you can sing?

Delicious Foods

By James Hannaham

A teenager escapes indentured servitude with no money and no hands—just the conflicting desires to get far away and return to save

his mother—in this, yes, comic novel about family, addiction, and getting in too deep.

Hausfrau

By Jill Alexander Essbaum

A debut novel about Anna, a bored housewife who, like her Tolstoyan namesake, throws herself into a psychosexual journey of self-discovery and tragedy.

Born with Teeth

By Kate Mulgrew

Who would have guessed that a woman known for playing a soap opera ghost on *Ryan's Hope* and an indomitable prison chef (Red) on *Orange Is the New Black* could write such a vivaciously lyrical memoir, revealing herself as a character more fascinating than any she's played?

Gutshot

By Amelia Gray

In these viscerally wicked stories, love stinks! And also taunts, schemes, ensnares, and "is the literal goddamn opposite of two middle-aged people going on their first date in a coffee shop."

The Battle of Versailles

By Robin Givhan

For centuries fashion belonged to France and the rest of us were just wearing it, until 1973, when five American designers—and ten gorgeous African American models—shook up the status quo for good. —NATALIE BEACH



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Why Poetry Matters

In an era of sensory overload, there is stillness and clarity to be found in verse. To commemorate National Poetry Month, this special edition of Reading Room celebrates that singular form, with the help of a few leading practitioners.

I WAS 19 when I lost my mom, but it wasn't until years later that I encountered Lisel Mueller's poem "When I Am Asked," about a day soon after her own mother died. It begins, "When I am asked / how I began writing poems, / I talk about the indifference of nature." It goes on to convey Mueller's sadness that the world seemed not to care about her loss and ends with this lovely declaration:

*I sat on a gray stone bench
ringed with the ingenue faces
of pink and white impatiens
and placed my grief
in the mouth of language,
the only thing that would
grieve with me.*

Each time I return to these lines, I am reminded that loss is a shared, not a solo, experience. In that way, poetry makes for us the largest community; it shows us ourselves by illuminating the interior lives of others. One cannot read a poem without being aware of the poet's voice—whether loud or barely a whisper—speaking across the distances, time and space. Poems offer a form of refuge.

They can comfort us when we grieve or can celebrate joy, as in Kevin Young's "First Kick," which captures the thrill of feeling his baby's earliest movements:

*More like
a flicker, a far-
off flutter

beneath my
broad hand—
then, two
weeks later,
a nudge, a knee
as you elbow
round inside—
acrobat, apple
of our eye

we can't
yet see....*

And poetry helps us remember—keeping alive the cultural legacy of a people. Here are the last lines of Jake Adam York's poem "Postscript,"

written for slain civil rights leader Medgar Evers:

*Again, today, the light is new,
and because you are nowhere
you are everywhere,
in the face of which I'd ask
how can I say anything,
in the face of which I'd ask
how can I say nothing at all?*

Occasions for the kind of quiet contemplation and focus that poetry seems to require are rare, and yet the need for poetry arises again and again. The act of making poetry is an act of hope.

Natasha Trethewey was the United States poet laureate from 2012 to 2014.

It's Not a Test

To enjoy poetry, the only requirement is to relax.



*Have you a gold cup
dedicated to thought
that is like clear water
held in a flower?*

—From “The Question” by Robert Duncan

Even in elementary school it troubled me when our teacher, with all good intentions, read a poem to the class, then asked, “What does it mean?”

My problem wasn’t with the question, but with the idea that there was an Answer.

I’m not sure why I resisted this way of reading poetry. I didn’t come from a literary family. If there’s a social class into which you must be born or an educational level you have to reach in order to appreciate poetry, no one ever told me, though someone must have patted me on the head at some point as I puzzled over a poem, and said, “You don’t have to understand it.”

A poem is not a test. Readers of poetry can’t fail. When you read a poem, you can, if you like, cling stubbornly to a “wrong” answer to the question, *What does it mean?*

Poems aren’t meant to express what can be expressed in everyday language. Like dreams, they come to offer us strange new experiences, or to remind us of those we thought we’d forgotten. They can be understood in the parts of our brain that appreciate sounds, or smell, or the experience of awakening and feeling unaccountably anxious.

The need for poetry, and its insistence on its own sacred mystery, arrived with the first poet who spoke the first poem, which may have been shouted in anger, sung over a grave, or whispered to a lover. But it wasn’t intended to be explained.

So, “Do you have a gold cup...?”

Yes. You do. It is your openness to being filled. It’s your willingness to let go of the need to understand, and to enjoy instead the thrill of feeling.

Go out in search of poems you like, that can become yours. What they mean to anyone else is irrelevant. They mean what a leaf blowing across the freeway means. They mean what the open eye of a goldfish looking into your eye means. The limitless pleasures of poetry are yours for the taking.

Laura Kasischke is the 2012 recipient of the National Book Critics Circle Award for Poetry.

TRY THIS AT HOME

Are you a poet but don’t know it? Tap into your creativity with activities and exercises from the poets the Two Sylvias. No rhyme or reason necessary!



THE POET TAROT AND GUIDEBOOK: A DECK OF CREATIVE EXPLORATION

(Two Sylvias Press)

This inventive take on the ancient practice of Tarot doubles as a crib sheet on 30 well-loved poets. For example, draw the Emily Dickinson card, and be invited to a period of creative soul-searching.



MIDNIGHT AND YOU'RE AWAKE

In her poem “Nocturne,” Susan Rich writes, “I take my place in the insomniac’s village.” Write a poem about a time you were awake in the middle of the night—what you discovered about the world when everyone was sleeping or what you learned about yourself. If you can’t remember a specific incident, make one up. You might imagine being awake at 1 A.M. and hearing a raccoon on your porch, or pretend you’re looking out your window into the apartment across the way and see two people in the throes. What’s going on when others are asleep?

Write a poem that will captivate the reader with what he or she is missing while deep in slumber.

CARRYING A TORCH

Write a poem that is really a love letter to an old flame. To ensure it doesn’t turn sappy, use one or more of these words: *dung beetle, politician, nuclear, pompadour, toilet*.

THE BRIGHT SIDE

Recall the nicest thing ever said to you. Compose a poem about a rainy day and something flooding. End the poem with the compliment.

Poets **Kelli Russell Agodon** and **Annette Spaulding-Convy** are the Two Sylvias, named for Sylvia Plath and Sylvia Beach.



8 New Books of Poetry to Savor

The Gaffer

By Celeste Gainey

As a lighting wizard on film sets and on the page, Gainey is a “nuancer of mood / romancer of stars.” Her poetry glimmers with playful takes on light, shadows, and glances behind the scenes: “De Niro idles in his Checker. Cybill flirts behind / her Jackie-Os.”

The Uses of the Body

By Deborah Landau

This sensual, confessional collection is a thrilling meditation on the passages of a woman’s life—pleasure, pregnancy, aging—and how even the most mundane, everyday details can enrich art.



Citizen

By Claudia Rankine

The iconoclast and cultural critic trains her eye on the relentless and volatile presence of racism in America, offering an eloquent contemplation and confrontation of inequality.



Blue Yodel

By Ansel Elkins

The Yale Series of Younger Poets Prize winner has produced a gorgeous, midnight-hued homage to Southern Gothic tradition wherein “The spirit world is in transit— / Souls of the newdead drift / Like floating lanterns / Over a river woven with ghosts.”



Someone Else’s Wedding Vows

By Bianca Stone

A collection that is dreamlike and at times surreal, ruminating the highs and lows of being in love and our absurd obsession with that impossible condition.

It Seems Like a Mighty Long Time

By Angela Jackson

Pushcart Prize-winning poet Jackson pays tribute to the African American experience in her book of verse that celebrates Mississippi family memories while mourning the past.



We Mammals in Hospitable Times

By Jynne Dilling Martin

If her debut reads like a dispatch from the land of endless winter, it’s because Martin wrote some of its wondrous poems—about icebergs, polar bears, and other splendors of the natural world—while on a six-week trip to Antarctica.



From the New World: Poems 1976–2014

By Jorie Graham

One of our most important purveyors of the form traces her artistic evolution in this collected work, demonstrating herself to be an eloquent observer of nature and guardian of myth.

—SARAH MEYER

Two irresistible flavors

I can't believe they're making a megastar like me do this.

Hey, I know those guys.

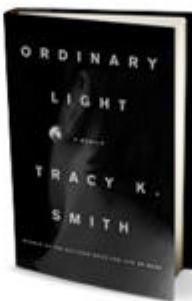
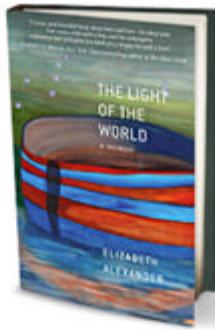


ON REFLECTION

A pair of memoirs chronicle two poets' paths.

WHEN GOOD POETS write memoirs, we get the benefit of experiencing actual events as filtered through a transcendent art form. Two sublime new examples are Elizabeth Alexander's **The Light of the World** (Grand Central) and Tracy K. Smith's **Ordinary Light** (Knopf).

"The story seems to begin with catastrophe but in fact began earlier and is not a tragedy but rather a love story." This is the opening sentence of Alexander's chronicle of her marriage and the sudden death of her husband, Ficre Ghebreyesus, at age 50. What unfolds is a glimpse into the very soul of true love. We don't often get to see that in this era of confessional accounts of dysfunctional relationships, and we wouldn't be seeing it now if not for the unspeakable heartbreak of Ficre's passing.



Theirs is a union made of art. Ficre was a chef and a painter, and Alexander weaves recipes that read like verse into her story. She shows us how feeding your family and remembering to be aware of the small details of everyday life are the bedrocks of true connection. In this book of prose, each page is a poem.

Ordinary Light is also a feast, one of startling insight into the complex doings of average people. Smith writes about her childhood with humor and acute insight; though raised in a military family with Christian values, she accepts nothing at face value. Her childhood self sees through human hypocrisy with laserlike precision, as when a visiting Bible thumper strikes her as "odd, a trifle cagey," someone whose life is such a wreck that he's thrown himself on God's mercy, where "relief could be seen to impart a feeling of redemption." A trip to Alabama, where her mother grew up, brings an awareness of what went before: the civil rights movement, segregation, slavery itself. Smith's attempts to reconcile this legacy with her own journey into the hallowed halls of the highly educated makes for a riveting read. —TERRE ROCHE

under 200 calories.

I don't like the way people are looking at us.



I better be getting paid overtime for this.



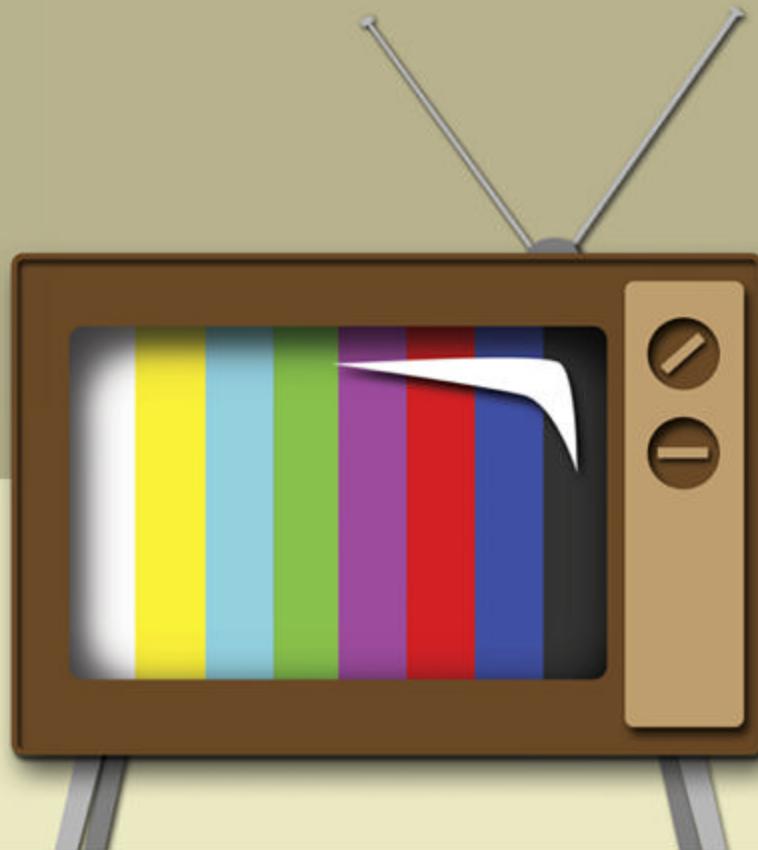
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APRIL 2015

Bonk, bang, smack, thwack! Life does a great job of tossing you around, flipping you upside down, and throwing you for a loop—but we can help you *roll with whatever comes your way* (page 92).... Ready to heat things up?

Bring the spirit of Havana to your wardrobe with the season's *Cuban-inspired styles* (page 106).... And discover *how to change your hairstyle* in ways as fleeting as they are fabulous (page 114)....



Are You Ready for a Change?

Just when you think things
are under control,
a sudden **PLOT TWIST**
can flip the script.

ILLUSTRATIONS BY
GRACIA LAM

The background of the page is a stylized, colorful illustration. It features dark blue and black silhouettes of trees and branches. The ground is a light blue color with white wavy patterns, suggesting water or a path. A small brown silhouette of a dog is walking on the path. A person's leg, wearing a white shoe, is visible on the left side. The overall style is artistic and dreamlike.

But while change
is inevitable, it's also
SURVIVABLE—in fact,
you can transform
life's not-so-fun
surprises into bold
NEW BEGINNINGS.

Turn the page and let
a few experienced evolvers
show you how to face
BIG CHANGES with equal
parts grit and grace.

Pick Yourself Up, Dust Yourself Off...and Start All Over Again

On the glorious art of rolling with—even appreciating—life's many punches.

WITH ALL DUE respect, Ben Franklin, we'd like to propose a much-needed and long-overdue correction: There *is* something certain in life besides death and taxes. What, you ask? Well, Ben, it's sort of hard to describe, but we're sure you're well acquainted with it. Because into every life a little of it must fall, whether you're ready or not. It's change—and it can bring about all kinds of terrific stuff.

Or ruin everything and drive you nearly to despair.

Either way, the thing to remember is this: Change is coming. You can spend your spare time preparing like mad, but nothing will keep life from occasionally drop-kicking your carefully laid plans out the window and then, for good measure, gleefully flattening them with a steamroller. No one is immune to such cosmic meddling.

But here's another certainty: When sudden, scary, unwieldy change starts blowing down the doors, you can face it. Hell, you can conquer it. You can grieve what's ended and then—however impossible it may seem—embrace what's been set in motion. You can choose to see change as a catalyst, lighting the fuse that propels you into a place that's entirely, stunningly, new.

Some of those new places will be terrific—places where you find yourself suddenly in love or freshly employed or within sight of a prize you really want. Other places will be a lot less terrific. But take comfort in this: Because change is inevitable, you can stop trying to keep it at bay. You're off the hook. By all means, draft a few smart backup plans—but let go of any hope of everything remaining as it is because it won't. Guaranteed.

But that's a good thing. Now, don't think us glib. We understand that when change has its way with you, you can lose a lot—like the people and things you hold dear, or sight of who you are. But picture an even more painful scenario: You wake up day after day, and nothing is ever different, and so you have no opportunity to grow, to expand your humanity and the capacity of your heart. You miss out on the essential point of being alive, which is to experience experiences and feel feelings, to partake of the messy and marvelous things occurring all around you, to watch the powerful play go on and contribute your verse. And, at the end of it all, to look back and say that you lived.

So thank you, change—you wild, wonderful, riotous certainty—for all your help with that.

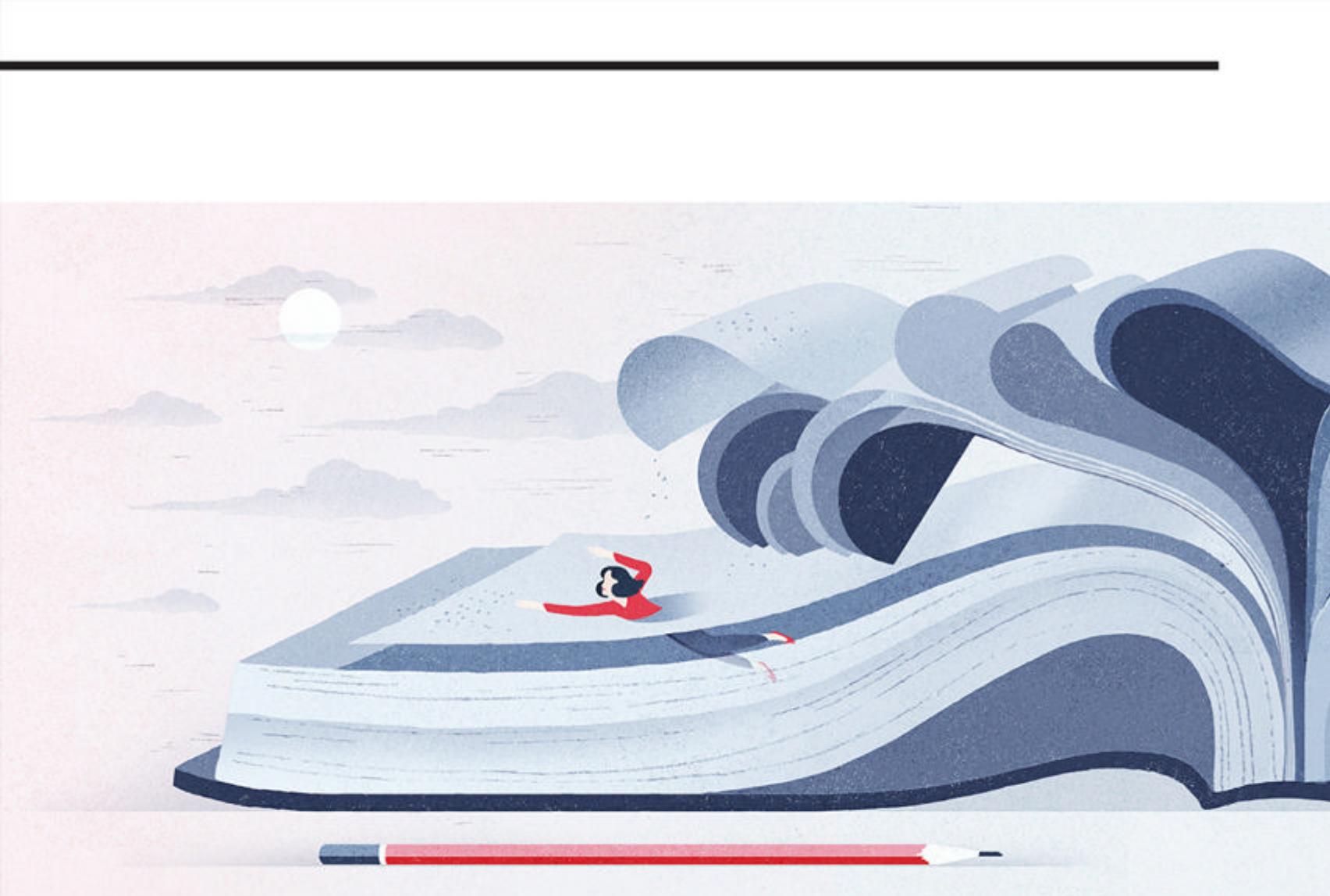


INSTANT
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ELIZABETH LESSER
COFOUNDER, OMEGA
INSTITUTE FOR
HOLISTIC STUDIES

"It's human nature to resist change, to run around like 2-year-olds saying 'No! No! No!' when things we didn't order show up. But while unforeseen events are hard to deal with, adding a tantrum makes them harder. My younger sister died recently after a long battle with cancer. Every time I feel the tide of *No!* rising in my heart, I catch myself. I sit down, close my eyes, put my hand on my chest, breathe, and whisper, 'Yes.' Yes, this happened. Yes, I can face it. Yes, I will feel the loss and not fight the grief. Because I've found that the changes I feared would ruin me have always become doorways, and on the other side I have found a more courageous and graceful self."



Second Wind

Her career at a standstill, LEE MONTGOMERY put her faith in something invisible, elusive, and impossible to predict. (And broke only two toes.)

LAST SUMMER I spent my days—every last one—in the Columbia River Gorge. I watched the water's surface ripple like crumpled paper; sometimes the wind blew 25 miles an hour, sometimes 30, with gusts in the 40s. And then I waded in, day in and day out, in my wetsuit, helmet, and harness, carrying my windsurfing board, knowing the river would hand my ass to me just like it had the day before.

The Columbia is the body of water that divides much of Washington and Oregon, and enthusiasts count it among the best windsurfing locales in the world. For good windsurfers, it's paradise. But I am not a good windsurfer. I'd wade in and lift my sail, and a gust would rip it from my hands. I would try again, sometimes popping up on the board, hooking into the harness, slipping my foot into the strap, but the wind was often so

strong that the board would levitate and I'd find myself airborne, then flung forward and trapped underwater.

Though my friends struggled to understand what I was doing, taking on the gorge was about recovering—from 25 years of crazy ambition that had wreaked havoc on my life. I'd been elevated, then ruined. Powered up, mowed down. *I'm it; I'm shit.* After a decade at the publishing company I'd helped establish and run, I was fired—on my tenth anniversary, two weeks before Christmas, via email.

In other words, getting my ass handed to me had become something of a theme in my life.

I had worked so hard for so long. I was always doing something—breathlessly, relentlessly, furiously writing, editing, hanging with friends in high places, clawing my way up the ladder. And so what? Doing these things had netted me, in



the end, very little of lasting value. I wondered what would happen if I let it all go—didn't look for a job, didn't keep mainlining ambition like I had for as long as I could remember.

My husband thought it was a great idea. "Just stop," he said. "Refill the well." A serious windsurfer, he suggested I try the sport as a path to clarity. (He always joked that windsurfing was like putting a leaf blower to your brain.) I am 56 years old, 20 pounds overweight (again), and have had back surgery for two ruptured disks. I had windsurfed before, but only in calm water. I didn't like high winds. I didn't like going fast—that was scary. I didn't do scary.

But I wanted to abandon the past. My plan was to do nothing but read and windsurf every day. I wanted to feel the fear and do it anyway. I wanted to learn how to ride the currents, to stay nimble, to lean into whatever came—and

What I was doing did nothing for my standing in the world. There was only the wind and the water, the sky and me beneath it.

I couldn't think of a better way than to devote myself to the invisible, ever-shifting wind. After all, as the cliché goes, weren't the winds of change upon me?

Using the wind as a path toward transformation was not a new idea—ancient spiritual teachings are full of exhortations to emulate it. The I Ching counsels that we need to bend like bamboo in the wind without being broken. The Tao says we cannot see the wind but we can observe its force, the way it changes things. The wind powers journeys, moves seeds, enables rebirth. That last one sounded pretty good to me.

I decided to sail at Swell City, a favorite outpost on the Washington side of the Columbia, where a small contingent of sailors spend most of their waking hours sailing, smoking pot, and drinking beers. Rock 'n' roll blared from trucks and beater vans. Everyone had a nickname: Wolfie. Fucking Dave. Buddha

Stan. ChooChoo John. Suzy Hot-Bod. There was good-natured ribbing, and impromptu barbecues, and endless talk about the wind: where it is, where it will be, what it will be doing.

That July turned out to be one of the windiest months on record. The hot, gusty days blurred into one another. The sheer physical effort of the act was addictive. And out in the middle of the mighty Columbia, I remained captivated by its beauty. The snowy hat of Mount Hood looked down from the distance. Egrets and bald eagles dive-bombed for salmon. I marveled: What I was doing accomplished nothing for anyone. It did nothing for my standing in the world. It won me no friends. No admirers. There were only endless reaches of back and forth, the wind and the water, the sky and me beneath it.

Then again, a lot of the time I was terrified. When the winds went wild, I was too frightened to hook into my harness because in powerful gusts I'd be thrown into the air, tethered to my sail, and trapped underwater. The whole system depended on a series of connections: mast to board, harness to person. So when strong winds blew, I'd bounce on the board, holding on for dear life, or get mowed down by the swell. Other sailors were dumbfounded: Why fight the wind?

"Gotta hook in," they'd say. "Gotta go faster."

I also couldn't jibe, which is to turn around, swinging the rig over the front of the board. You have to sail fast, commit wholly, and lean forward into nothingness to drive the board through the turn before flipping the sail in front of you. It's a masterful move that combines speed, power, grace, and timing, and separates the casual sailor from the expert. It seemed impossible to nail. But it was also an apt metaphor for what I needed to do in my life.

So again and again, I did the thing I dreaded: I went fast. Committed wholly. Leaned into nothingness. I sailed until I was exhausted. And I kept going. That summer I broke two toes. My arms ached.

My legs, covered in bruises, spasmed at night. And I was happier than I ever remembered being.

I sailed by day, and my psyche went to work at night. I dreamed about bridges crumbling beneath my feet, being tied up with rope, cars unable to accelerate up hills. But every morning I'd awake to the possibility of the jibe, imagining my feet steering the board, my hands pulling up the sail, flipping, catching. *Turn around! Turn around!* After two hot, glorious months, I still couldn't jibe—but I learned something just as crucial.

One day a friend and her 15-year-old son came out to the Gorge with me, and after I explained my trials, my long and fruitless journey toward the jibe, he said the simplest, most profound thing: "It's all in the attitude." This kid had been windsurfing exactly three times, yet he knew the secret. "If you go out there knowing you're going to rock it, you will," he continued. "But if you go out there afraid you'll get hurt, you will."

I smiled at him. Wasn't that precisely the same problem I'd encountered in life? I'd always been terrified I wouldn't reach the goal, make the grade, land the job or the contract or the deal—and sure enough, I'd watched my worst professional fear come true.

I knew I had to let that fear go. And slowly I did. Even after a particularly bad day of flailing, when I vowed I would never, ever windsurf again, if the wind went up the next day I'd be back at it, driven by the insane memories of the spectacular days when everything clicked perfectly and pure magic took over. Powered by the wind, fully locked and loaded, you push your legs out and hang out over the water, steer with your toes and heels, flying weightless, carried by the elements. There is no other feeling like it in the world.

The wind wanted nothing from me. It cared not at all about my ambition, my accomplishments. It reminded me that the beauty of life is in the trying, day after day. And that's where I am: still trying for the turnaround, in life and in the wind.



INSTANT RESILIENCE REFRESHER



PAULA DAVIS-LAACK
STRESS AND
RESILIENCE EXPERT
AND CONSULTANT

"When you're reeling during a big change, get your worst- and best-case scenarios down on paper. Doing so helps you see the situation more clearly and develop a plan. Also, do all you can to preserve hope.

What does that mean?

Well, hopeful people share four core beliefs: First, they believe their future will be better than their present. Second, they believe they have the power to direct how their life unfolds. Third, they realize there are many paths to their goals. And fourth, hopeful people know there will be obstacles—but they believe in their ability to overcome them."

The Empty Space

SASHA SAGAN grieved her father for years after his death. But when her wedding made the loss nearly unbearable, she found a way to keep him near.



HENEVER A SHIFT occurs in her life, even if it's something small—a restaurant goes out of business, a teacup shatters—my mother always says the same thing: "There is no refuge from change in the cosmos."

Some changes are lightning fast. Others take a long time to fully reveal themselves. When a star dies, the darkness left by its absence ripples through the universe at the speed of light, which may seem impossibly fast—but over the great distances of space, even that isn't fast enough. The dead stars appear to shine, but in reality they're long gone.

The defining change of my life was the death of my father. I was 14. For years I would dream he'd returned with an elaborate explanation for where he'd been, then I'd wake up crushed. The loss of his light—the full impact of his absence—took years to reach me.

Sixteen years after his death from a long illness, I sat in the lobby of a midtown Manhattan hotel with my husband-to-be, our wedding planner, and the lead singer of our wedding band.

"Are you doing a father-daughter dance?" the bandleader asked.

I felt a fresh ripple of grief. "No, my dad passed away," I said.

The singer flinched, then smiled. "Your father will be watching over you on your special day," she said.



The sentiment was kind, but I don't believe in an afterlife. I—like my late father, the astronomer Carl Sagan—believe only in what can be proved. Jon, my fiancé, squeezed my hand. I made a noncommittal sound and steered the conversation toward Kanye West's "Homecoming"—could the band learn it in time?

I miss my dad at every birthday and Thanksgiving, every graduation and send-off, every achievement and failure—every

day. But there was something about a wedding, about my wedding, that made the longing worse. However antiquated the reason, weddings center on the father-daughter relationship. He walks you down the aisle, leads you in that first dance, gives you away to the man who will love you in his place.

Jon and I grew up together in Ithaca, New York. For many years we were acquaintances, then friends, then lovers. Early in our relationship we went to a

friend's wedding, where the bride's father described how much he loved his daughter, how precious their relationship was. I was heartsick. I was jealous. I wept in the ladies' room. When my time came, a wedding without my dad would be too awful to face. Why invite everyone I knew to come stare at the hole in my life? Later that night Jon and I sat in Central Park, and for the first time I let him see the depth of my grief. Jon didn't tell me a happy lie, didn't tell me that



INSTANT RESILIENCE REFRESHER



ELLEN LANGER, PhD
PROFESSOR OF
PSYCHOLOGY, HARVARD
UNIVERSITY

“We have a tendency to confuse the stability of our mind-sets with the stability of the world. We hold something still with our heads, believing we know it, but it’s changing regardless of how we perceive it. If you can notice things changing, you’ll be less gutted by change. And whether or not you feel gutted by the change won’t alter the outcome—it’s still happening. Stress is a function of the views we take of events, not of the events themselves.”

everything would be okay. He just held me, tears streaming down his own face. My dad wrote a book that contains the line, “For small creatures such as we the vastness is bearable only through love.” For that and a million other reasons, there was no question about my answer when Jon knelt in the garden of our favorite restaurant and asked me to be his wife.

My father couldn’t walk me down the aisle, no matter how much I wanted him to, but I knew I had to somehow feel his presence at our wedding. I decided we should get married somewhere he and I had been together. I didn’t believe his spirit would be there, but I knew my memories of him would be.

Then on a trip home to Ithaca, Jon and I visited the Herbert F. Johnson Museum of Art, a modernist structure on the Cornell campus. When I was small, my father would take me there to see a famous Giacometti sculpture and the Japanese scrolls. It was the site of his memorial service in 1996. But that day Jon and I saw something new. On the ceiling of a massive open-air room that juts out from the museum, the artist Leo Villareal had used a framework of thousands of lights to create a constantly morphing, whooshing depiction of deep space. He called the piece *Cosmos*—a tribute to my father’s work and to the grandeur of what dad called “all that is or ever was or ever will be.”

That autumn, my mother and grandfather walked me down the aisle on the top floor of the museum, which overlooks our beloved town. After cocktails and speeches, the band played, and Jon and I danced under Villareal’s ever-changing tableau, before our friends and family put us in chairs and lifted us skyward. Looking at the beautiful and good man I married, and looking up at the legacy of the beautiful and good man I lost, I was happy in a way I hadn’t believed possible. There is no refuge from change in the cosmos, or from the heartbreak those changes can bring. But in the midst of all that is, was, or ever will be, there is a light that keeps shining, reaching us from far away.

Your Transition Tool Kit

Including a lively array of insights, inspiration, and even some encouraging anthems to help you through life's twists and turns.

—
"We none of us expect to be in smooth water all our days."

—Jane Austen, *Persuasion*

FINDING YOUR WAY THROUGH

The course of change never did run smooth—but you may be glad to know that change is predictable. Family therapist Virginia Satir established a model of how we experience transition. Here, we guide you through its stages:

START

STAGE
1

LATE STATUS QUO

Here you are in the (mostly) uneventful present, and the skies are (mostly) clear. But this stage is called *late status quo* because—though you don't yet know it—something is about to come along and...

STAGE
3

CHAOS

...Bam! An unexpected event occurs. You get a call from your doctor or called into your boss's office; you're hit with a lawsuit or you hit the jackpot. Whatever it is, the foreign element tells you, instantly and urgently, that everything has changed.

STAGE
2

FOREIGN ELEMENT

Your life has been turned upside down. What you thought you knew cries out for reexamination. What you'd hoped for, planned for, or predicted may no longer be possible or even relevant. You may have to recalibrate your very understanding of yourself. Little about this process is pleasant—but it does get you somewhere important. The chaos phase works as a kind of incubator, a laboratory where suffering and confusion can lead to something valuable.

STAGE
4

“The world breaks everyone and afterwards many are strong at the broken places.”

—Ernest Hemingway,
A Farewell to Arms

TRANSFORMING IDEA

You have an epiphany, a stroke of inspiration brought about by all that disorder. Something clicks into place, clarifies. You perceive a way forward—or at least the possibility of one. And you begin to ponder ways to put that revolutionary idea into motion.

**STAGE
5****INTEGRATION
& PRACTICE****FINISH**

As you acclimate to a new approach or outlook, you ease back into relative peace. The storm clouds dissipate; the skies begin to lighten. You're relieved to be here—but also proud to still be standing. Pat yourself on the back: You've made it to the other side.

**STAGE
6**

This is the period when you test-drive that transformative concept, investigating its merits and pitfalls, determining whether it can sustain you in the long term. You may find that you backslide once, twice, multiple times into chaos—you may generate and discard several transforming ideas before you find the one that fits. But don't be discouraged. Trial and error are exactly what the integration and practice phase is for.

You have to love. You have to feel. It is the reason you are here on earth. You are here to risk your heart. You are here to be swallowed up. And when it happens that you are broken, or betrayed, or left, or hurt, or death brushes near, let yourself sit by an apple tree and listen to the apples falling all around you in heaps, wasting their sweetness. Tell yourself that you tasted as many as you could.

—Louise Erdrich,
The Painted Drum

**TRACK 2 “Hold On”
ALABAMA SHAKES**

Bighearted and triumphant, this song is as motivational as they come. What's more rousing than a gravelly wise woman bellowing, *Come on, girl, you got to get back up?*

GOOD FOR:
GETTING FIRED,
DUMPED, OR
OTHERWISE
KICKED AROUND

**TRACK 3 “Do You Realize???”
THE FLAMING LIPS**

When singer Wayne Coyne croons in this soaring, strings-laden number *the sun doesn't go down / It's just an illusion caused by the world spinning round*, you can't help but believe—and appreciate—every last word.

GOOD FOR:
EXISTENTIAL MALAISE,
CRISES OF FAITH

**TRACK 4 “Float On”
MODEST MOUSE**

Life is unpredictable—but also hilarious. *I backed my car into a cop car the other day*, this jaunty song begins. And later: *We both got fired on exactly the same day*. But oh, that warm refrain: *And we'll all float on...*

GOOD FOR:
TROUBLES SO ABSURD
THAT ALL YOU CAN DO
IS LAUGH

**TRACK 5 “Follow the Sun”
XAVIER RUDD**

This Australian singer-songwriter's spare, bouncing ode to keeping your sorrow in perspective (*Many moons have risen and fallen long, long before you came*) is both lovely and reassuring.

GOOD FOR:
LONELINESS, LOSS,
PESSIMISTS LOOKING
TO REFORM

**TRACK 6 “My Silver Lining”
FIRST AID KIT**

Honey-voiced sisters Johanna and Klara Söderberg encourage us to live without compromise (*Be it for reason, be it for love / I won't take the easy road*)—advice as disarming as it is inspiring.

GOOD FOR:
CURATIVE ROAD
TRIPS, STEELING YOURSELF
FOR THE NEXT PHASE

YOUR MISHAP MIXTAPE

Don't let us stop you from queuing up “I Will Survive” when the going gets tough—but you might also consider adding these songs to your playlist, each of which will help you head-bop your way through almost any big adjustment.

**TRACK 1 “Carry On”
FUN.**

A bittersweet ballad extolling the virtues of leaving your pain behind—or as singer Nate Ruess piercingly wails, *May your past be the sound / Of your feet upon the ground.*

GOOD FOR:
GRIEVING A LOSS,
LETTING SOMEONE GO,
SKIPPING TOWN

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TRIPS, STEELING YOURSELF
FOR THE NEXT PHASE



INSTANT RESILIENCE REFRESHER



ALIA CRUM, PHD
ASSISTANT PROFESSOR
OF PSYCHOLOGY,
STANFORD UNIVERSITY

“Any big change causes stress, but that doesn’t have to be a bad thing. Your stress response is designed to help you meet the demands you face by increasing your focus. To harness it, first acknowledge that what you’re going through is tough. Doing so changes where you experience the stress in your brain, moving it from the reactive amygdala to the more rational prefrontal cortex. Second, tell yourself you welcome the stress. This doesn’t mean admitting the stressor is good.

But stress occurs only when we care about something—so the third step is to think about how to use what stress tells you to create a life more vital than the one you had before.”



The Baby Kaboom

CRISTINA NEHRING was thrilled to meet a guy, less thrilled to get pregnant, terrified when he left—and ecstatic about the child who changed everything.

ANYTHING CAN HAPPEN in life, especially nothing." These words hung above my desk for years. A quote from French writer Michel Houellebecq, they chilled me with their threat of the eventless existence that lay ahead were I not driven, smart, and daring enough to *make things happen*. By "things" I meant legendary love affairs. Travel. A soaring literary career. Not for me the noisy nursery—my children would be books.

I made strides toward the life I wanted: just enough writerly success to steel my resolve through years of poverty, just enough travel to make me homeless in several countries, just enough love to break my heart. But then I *really* made something happen—and it was not at all what I'd envisioned.

I'd gone to the island of Crete to report a story for a travel magazine and fallen for a wild-haired boy—ardent, tempestuous, penniless. Soon I was pregnant, contraceptive pills notwithstanding. When I leaped to phone an abortion clinic, he stayed my hand: "I'll do anything for this child," he said. "My family, sister, cousins, nieces will do anything."

I loved him. I thought of friends trying to get pregnant. And I decided the brave thing to do was play the cards I'd been dealt. I asked him to join me for the birth in Paris, where I had a job, health insurance, and a tiny garret I called home.

Eurydice was born during an April hailstorm. Her father was in the delivery

room and photographed her first moments. Then he abandoned her. Eurydice had Down syndrome. When she and I returned home after two weeks in the hospital, her father repacked to Crete, changed his number, and told his family never to speak to me again.

Thus ended life as I knew it. Caring for a disabled infant was all consuming. In cafés where I used to write, I now tossed Dice from side to side to calm her colic; when I had to go to the toilet, I perched her on my thighs. Privacy? Romance? Intellectual life? Gone, I believed—for good. People with DS often remain with their parents for life.

But before long my daughter began to laugh. Her first, and for many years, her only, vocalization was the sweet, wet smack of a kiss. Rather than make me weaker, she made me stronger. I'd stand over Eurydice's crib as she slept with a smile on her lips, marveling that I was a safe space for this most fragile of creatures. Me: the child-woman, full of learned helplessness and debilitating anxiety. I was a protector.

She'd become my best friend, my accomplice, my heartthrob.

The more you do, I soon saw, the more you *can* do. I took Dice on my travel assignments; she came to Morocco and Scotland, Corsica and Tunisia, Sardinia, Greece, and America; she slept in Irish hotel drawers, had diapers changed on baggage trolleys, and spent time with a mafioso on an island off the coast of Naples. I was prouder of our travels together than I'd ever been of my endlessly easier solo adventures.

By the time Eurydice and I moved our suitcases into an L.A. isolation room for chemotherapy to treat the acute myeloid leukemia with which she had been diagnosed, we'd packed more life into her two years than others do into 50. Nonverbal though she was, she'd become my best friend, my accomplice, my heartthrob. I could not imagine her taking any voyage on her own: I loved her enough to die with her if death was her next destination.

Eurydice laughed her way through chemo, giving me the greatest lesson in courage I have ever known. Never again will I fear a needle, or blood, or scars. Three ports took their turn in her tiny chest to receive the toxins intended to kill her cancer—which they did. When we got out of isolation after seven months, we catapulted to an empty lot adjoining the hospital, dug our fingers into the bare earth, and exulted in the dirt under our nails. Farewell to the sterility of the hospital room! Mud, dust, dung—welcome!

Life is a series of chapters, and our business is to write them as boldly, as imaginatively, as unapologetically as possible. So many people stare at the same screens, storefronts, and story lines their whole lives. When change—even for the harder—touches us, I say we're lucky.

My life with my daughter has been everything I did not believe I wanted. It slowed my writing career, cut into hundredths my occasions for romance, limited the time I have to waste. But it has provoked insights, wisdom I would never have obtained otherwise, brought into my sphere only the best of men, and multiplied—exponentially—the love I have to live.



Dog Rest His Soul

TRISH DEITCH *discovers that even the deepest beliefs can—and maybe should—bend.*

IHAVE ALWAYS been proud of the fact that my daughter wouldn't hurt a fly. At 12, she went camping with other Buddhist kids along Colorado's Cache la Poudre River, and they spent an evening clearing a tent of marauding mosquitoes without killing a single one. They chanted a mantra that purifies negative karma—*om mani padme hum*—while they used plastic cups to bail each vile creature, filled with their own blood, out into the night air.

Some Buddhists believe that if you end an animal's life before its karma has run its natural course, its suffering could, in the next life, be much worse. I believe in karma and rebirth, and for many years thought that I, too, wouldn't hurt a fly. And then one day I found myself at the vet's office, asking him to kill my dog.

Scout, whom I'd raised from a fat-bellied pig of a pup, used to run joyfully and fast with the neighborhood boys, who'd knock on our door to ask whether he could come out to play. He was so smart and funny that I always felt that, like Pinocchio, he was this close to being a real boy. But when he was 10 years old, he started peeing in the house. Overnight he went deaf. It turned out he had a brain tumor.

I told myself euthanasia was not an option, and for the next year or so fed Scout by hand, carried him up and down the stairs in the middle of the night, and washed his paws when he pooped in the house and circled in it, which he did constantly—circling and circling, nose to tail, night and day. He wore a raw patch in the pad of his pivoting foot.

There came a night when Scout's circling turned frantic. He spun so fast, he knocked his head against a doorjamb and fell with a bony crash—only to scramble up to keep circling, his eyes wild. I called two vets, who both said that soon Scout would start convulsing, and the convulsions would never end. He'd have to be put into a coma to stop them, and he'd stay that way until he died. I couldn't bear that.

So I went to the second vet, a gentle man who understood that what I was doing went against every belief I had.

He sat on the floor with me while Scout received two injections: one to calm him and the other to stop his heart. I expected to be able to say goodbye before the second injection, but Scout collapsed in my arms after the first one, a weight so heavy and still, he already seemed dead. And then, a minute later, he *was* dead.

I thought I would feel one thing—the sorrow of having violated my beliefs—but I felt something else entirely. I felt that Scout had been liberated from his painful, creaky, used-up body and was out in the space above me, free. I felt him once again as my joyful, graceful, leaping boy—unfettered and pristine. It was a relief, this bright, surprising vision, where I'd expected only a void.

Still, I cried all the way back from the vet's office and for two days after, like a faucet that couldn't be turned off. I could function fine, but as I went about my business, the tears rained down my face. Part of the crying was grief, of course—that sweet dog had made me happy—but it also felt like a cleansing: Whatever feelings came up, they flowed out with the tears. That had never happened to me before, such an easy current of feeling. The crying felt good.

Not wanting my attachment to Scout and his things to keep him here, I gathered up his squeaky toys and his dolls, his collar and his bed, and put them all in a large black garbage bag. I cried as I swept up fur from the floor and vacuumed dirt and grass from the seams of the couch. Down on my hands and knees, salty, snotty rivulets streaming, I scrubbed little patches of dried blood with steel wool and sponged tiny black dog hairs from behind the toilet. When I was done, I put everything of Scout's in the trunk of my car and drove it to the dump.

I have always held on so tight: to the loss, to the lover, to the love. But now I saw that the grasping—even of dearly held beliefs—causes us and others needless pain. Everything is constantly flowing and changing. Nothing and no one lasts. The best gift we can give ourselves and those we love is to let them be part of the nature of things: the raging river, the growing child, the dying light.



INSTANT RESILIENCE REFRESHER



MARTHA BECK, PHD
LIFE COACH

"When you've been through an unexpected change, the old you dies and a new one is born. And therefore you must allow yourself to be a baby. Get emotional and moral support any way you can. Give yourself a limited time each day (at least an hour) to do nothing but focus on this adjustment. And don't make big decisions until you've got your legs under you. You don't even know who the new you will grow up to be, so postpone large commitments, giving yourself time and love. Everything else will take care of itself."



The Heat Is On

PHOTOGRAPHS BY
Lorenzo Agius



DO THE LIGHT THING

"The skirt is like a cloud of shredded coconut," says Dawson about this frothy raffia confection by Christian Siriano. "It's very luxurious and dramatic at the same time."

Sharp accents like pointy lace-up ballet slippers and a rakish Panama hat balance the dreaminess of the skirt; recycled-glass jewelry—from Dawson and business partner Abrima Erwiah's new Studio One Eighty Nine collection—and a floral top add an earthy touch.

Top, Cameo, \$150. Skirt, Christian Siriano. Hat, Stetson. Earrings, Sylvia Toledano. Necklaces and bracelets, Studio One Eighty Nine. Shoes, Daniele Michetti. Clutch, Serpui.

Sultry and uninhibited (think mixing, not matching) Cuban-inspired looks are *cha-cha-ing* into high fashion.

Actress **Rosario Dawson**, who stars in the new Netflix series *Marvel's Daredevil*, shows us how to do *tropical with a twist*.





NATURE'S OWN

The palm-frond-print shirt works because it picks up the rich brown shade in a painterly skirt with a midcentury-modern silhouette. Textured jewelry—"lace" earrings, woven bangles, a beaded necklace—continue the island vibe. "My grandmother had a really great way with mixing patterns and colors," says Dawson, who is of Afro-Cuban, Puerto Rican, Irish, and Native American descent. "It all looked so good with her beautiful white hair and dark skin."

Shirt, Lafayette 148, \$348. Bikini top, Norma Kamali, \$175. Skirt, Alice + Olivia by Stacey Bendet, \$698. Earrings, Monika Knutsson. Necklace, Bluma Project. Bangles, R.J. Graziano. Bracelet, Holst + Lee, \$189. Shoes, Chinese Laundry.



PEEKING INTEREST

Romantic and organic come together in an intricate lace eyelet top and skirt paired with a showstopping pom-pom and shell necklace. "I love the whole 'Havana nights' theme of the shoot," says Dawson, who also appeared in the recent film *Top Five*.

"I had great old Spanish music playing on my iPod. It was a mix from Mathieu Schreyer—he's a DJ and my ex-boyfriend, and he's got good taste."

Top and skirt, Oscar de la Renta. Bra, Cosabella. Earrings, Miriam Salat. Necklace, Figue. Cuff, Alexis Bittar. Ring, Daniel Espinosa.

BEAUTY HIGHLIGHT PERFECTLY IMPERFECT

Celebrity hairstylist Ken Paves shares his secrets about keeping it sexy.

The key to a chic, tousled style: lots of volume. To prep Dawson's hair, Paves sprayed a thermal spray. (We like Ken Paves You Are Beautiful Detangling Thermal Protectant Spray.) Next, he applied a mousse (try Garnier Fructis Style Full & Plush Root Amp Root Lifting Spray Mousse) to Dawson's roots, then a volumizing spray (like Kérastase Résistance Spray Volumifique). Last, Paves worked a dry shampoo (try Toni & Guy Hair Meet Wardrobe Casual Matt Texture Dry Shampoo) through the roots for extra texture.



IN THE MIX

Equal parts hot and cool, this look layers textures and colors in a raw yet sultry way—fitting for a style inspired by the heady mix of European, African, and Asian cultures in Cuba. The recycled-glass-bead bracelets shown here, along with everything else in the Studio One Eighty Nine collection, were handcrafted by artisans in Africa. “Arima and I wanted to give people a platform to sell their wares and create a sustainable model instead of just sending them money,” says Dawson. “These are beautiful pieces with an ethical business concept behind them.”

Top, Alice + Olivia by Stacey Bendet, \$298. Bra, Aubade, \$165. Skirt, Samuji, \$630. Necklace, Holst + Lee. Brass necklace and bracelets, Studio One Eighty Nine. Clutch, Tonya Hawkes. Shoes, Bionda Castana. Straw bag, Mary Sol. Scarf, Bindya.



ECLECTIC COMPANY

A sparkly, sequin-fringed skirt, a graphic cardigan, and a printed crop top may seem to come from different fashion planets, but they converge harmoniously in this outfit. The secret? Neutral accessories and a fitted silhouette that ground the look. "The skirt reminds me of the sequined dress I wore to my tenth birthday party," says Dawson, who grew up on New York City's Lower East Side. "I love the idea of wearing something incredibly festive just to go for a drive."

Cardigan, Sophie Theallet, \$790. Crop top, Elle Sasson, \$265. Skirt, J. Crew, \$398. Earrings, Miguel Ases. Fossilized mammoth necklace, Me & Ro. Circle necklace, Shaesby. Long pendant necklace, Kismet by Milka. Bracelets, Daniel Espinosa. Watch, Bulova. Shoes, Kate Spade. Hat, Stetson.



BEAUTY HIGHLIGHT

THE FIVE-MINUTE FACE

L.A. makeup artist Kirin Bhatty on Dawson's fresh, natural look.

You don't wake up with radiant skin? Dot a highlighter (try Estée Lauder Bronze Goddess All Over Illuminator) on your temples, along your cheekbones, and down your nose. Then swipe a warm pink blush (like Clarins Blush Prodige Illuminating Cheek Colour in Sweet Rose) on the apples of your cheeks. Rim lashlines with a dark brown liner (try L'Oréal Paris Infallible Smokissime Powder Eyeliner Pen in Brown Smoke), and add black mascara (like Covergirl Full Lash Bloom by LashBlast in Very Black). The final touch: a nude lipstick (Bhatty combined Dior Rouge Dior Lipstick in Rose Baiser and Rouge Blossom) dabbed with fingertips for a subtle tint.

OPPOSITES ATTRACT

How to make a tulle ball gown less fancy and more flirty?

Pair it with a borrowed-from-the-boys printed shirt (inspired by the work of the influential '80s artist Jean-Michel Basquiat), collar effortlessly popped and short sleeves rolled. "This outfit reminded me of the clothes in classic '80s movies," says Dawson.

Shirt, Donna Karan, \$895. Dress, Monique Lhuillier. Earrings, Miguel Ases. Cuff, Miriam Salat. Watch, Tissot. Shoes, Bionda Castana.



BEAUTY HIGHLIGHT

BRONZE STAR

The ideal accessory for a luminous complexion: smooth, sun-kissed skin all over. Here's how to get it.

For a hint of color, try a tinted lotion; Bhatty recommends Prtty Peaushun Skin Tight Body Lotion. Want a longer-lasting glow? Use Jergens Natural Glow Instant Sun Sunless Tanning Mousse. Maintain your bronze with a daily moisturizer. (We love Vaseline Intensive Care Healing Serum Radiance Restore.)



CURVE APPEAL

This shirt (a take on a guayabera, a traditional garment worn by Cuban men) balances the sexiness of a crop top and pencil skirt. Bold accessories—huge raffia earrings, a raffia bag, a flower cuff, and sharp heels—add fashion-forward pop. “This look is very old-school bombshell,” says Dawson. “I love the Sophia Loren hair.”

Shirt, & Other Stories, \$90. Crop top, \$265, and skirt, \$445. A.L.C. Earrings, Alexis Bittar. Bag, M Missoni. Cuff, LK Designs. Shoes, Chelsea Paris.



Text by Clarissa Cruz and Melissa Goldberg. Fashion editor: Andrew Holden. Hair: Ken Paves of the You Are Beautiful haircare line. Makeup: Kirin Bhatty using Dior Beauty. Manicure: Carla Kay for Cloutier Remix. Set design: Ron Zakhar. For details see Shop Guide.





Alicia Thomas, 39
TECHNOLOGY ENTREPRENEUR

CLIP-IN BANGS

Why she'd like to try

bangs: "I've been wearing my hair the same way for years. Now I'm approaching 40, married with two young kids, and working on a start-up, and the time seems just right for a new look."

Ken's magic: Ken spritzed Alicia's hair with a thermal protectant spray (try *Pantene Pro-V Stylers Heat Protection Spray*), ran his fingers through it to make sure every strand was coated, and pressed it with a flatiron. The clip-in bangs Ken chose for Alicia were slightly lighter than her mahogany hair. "The front and crown of your head are always lighter than the rest because they're exposed to the sun," he says. "Having the fringe a little brighter is key to making it look natural."

The verdict: "I feel so stylish. I love the way the bangs frame my face."

Dress, Cynthia Rowley.
Opposite: Dress, Reiss.

before



NEW YOU

(with No Commitment)

Don't we all love to have options—especially when it comes to our hair?

Superstar stylist Ken Paves showed these six women easy ways to change their look dramatically without cutting or coloring a single strand.

A close-up, high-contrast portrait of a woman with long, dark brown hair and bangs. She is smiling warmly at the camera, showing her teeth. Her eyes are brown and expressive. The lighting is soft, highlighting her features against a dark background.

“What a dramatic difference!
I feel more confident and trendy.
I may even get bangs cut for real.”

after

after



Elena Brower, 44
YOGA TEACHER

LOOSE LAYERS TO TOPKNOT

Her nonnegotiable hair rule: "I have to wear my hair back when I'm teaching yoga."

Ken's magic: To create texture and keep her from "looking like a Robert Palmer girl," Ken worked a walnut-size dollop of mousse (try *Tresemme Youth Boost Youthful Fullness Flexi-Bounce Mousse*) through Elena's dry hair. Next he pulled all her hair back tightly into a ponytail, twisted the ends into a bun, and pinned everything in place. Then he pulled pieces out around Elena's face, misted them with hairspray (try *Fekkai Sheer Hold Hairspray*), and lightly brushed them back in place. "You don't want the results to seem too 'done,'" says Ken. "This looks ethereal and fresh."

The verdict: "I'm much more likely to wear my hair up all the time now! This look is definitely more feminine and softer than a perfect bun."

*Right: Dress, Lela Rose. Earrings, Sheila Fajl.
Below: Dress, La Petite Robe di Chiara Boni.
Earrings, Marlyn Schiff.*

before



before



Ashley Acosta, 25
MARKETING PROFESSIONAL



TEMPORARY HIGHLIGHTS

Why she's avoided dyeing her hair lately:

"I like it dark. But I love the idea of experimenting with highlights."

Ken's magic: Since it can take a few washes to remove even nonpermanent dye, Ken chose clip-in pieces to add Ashley's highlights. He went with caramel swatches to flatter her naturally dark brown hair. "Put them in prominent areas, so you get your money's worth," he says. He attached them right next to Ashley's bangs and just below her part. (Mist hair first with hairspray, such as *Carol's Daughter Monoï Repairing Flexible Hold Hairspray*, to give the clip-ins something to grip.) "Adding pops of color brightens up Ashley's face," Ken says.

The verdict: "Clip-ins are a great way to test the waters. I feel glamorous and sexy!"

before



Right: Dress, KamaliKulture by Norma Kamali. Necklace, Vanessa Gade. *Below:* Earrings, Daniel Espinosa.

after



Eliza McNitt, 25

FILMMAKER



LONG TO FAUX SHORT

Her current hair goal: "To grow it down to my waist. I've never had short hair."

Ken's magic: Ken divided Eliza's hair into three-inch pieces. He misted each with hairspray (try *John Frieda Frizz Ease Keraflex Flexible Hold Hairspray*), then bent it into an S shape, and used a flatiron to set it into a loose wave. Next he combed through her hair with his fingers. He pinned up the top half and teased the bottom section, which he pulled back into a ponytail, with the elastic four inches from the ends. Then he rolled the ends under toward the nape of her neck and pinned them. He unclipped and teased the top section and pinned it to the rest of her hair, tucking the ends (and the pins!) under. He set his work with a quick hit of hairspray. Doing Eliza's hair in stages "gives more control and a polished-looking finish," says Ken.

The verdict: "This look makes me feel like a 1940s movie star!"

From top: Dress, Shoshanna. Earrings, Julie Vos. Dress, Shoshanna. Earrings, Daniel Espinosa.

before



after



before



Shannon Blackmon, 27

STUDENT

STRAIGHT TO CURLY

Why she hated her natural curls: "They were always too big, too flat, or frizzy."

Ken's magic: "There's no way around it: You have to let naturally curly hair air-dry," says Ken. "When you add heat to textured hair, it expands the cuticle, which makes curly hair frizz instantly." He applied a smoothing cream to Shannon's damp hair (try *Ken Paves You Are Beautiful Relaxing Balm*). Once it dried, he refined her curls with a small curling iron and then finished with a waterless shine serum (we like *Dark and Lovely Anti-Reversion High Gloss Spray Serum*) from midshaft to ends. "It's important that the product be water-free since water reactivates the natural texture of dry hair," he says.

The verdict: "This is fantastic. I went from using six products to two. Ken makes the maintenance easy. I'm obsessed. Obsessed!"

Above: Dress, Ann Taylor. *Opposite:* Dress, Lela Rose. Necklace, Oscar de la Renta.

Sarah Meyer, 50

O ASSISTANT EDITOR



SHORT TO FAUX LONG

Her fantasy: "Long, thick mermaid hair. Which I thought I would never have—until today."

Ken's magic: To add texture, Ken worked a volumizing mousse (we like *Suave Professionals Luxe Style Infusion Volume Soufflé Mousse*) through Sarah's dry hair and misted volumizing spray (try *Nexxus New York Salon Care Hydra-Light Root Lifting Mist*) just at her roots. After that, he teased her hair and sprayed it with hairspray (try *Clairol Professional iThrive Weather-Resistant Hairspray*). He sectioned the top, pinned it up, and placed the extensions underneath at an angle, so they formed a V shape from the nape of her neck to her temples. Halfway up Sarah's head, he laid a row straight across. "This method blends better with your existing cut than when you set all the extensions in parallel rows," Ken says. He finished by smoothing everything out with a flatiron.

The verdict: "I feel like Sasha Fierce—like I should go to Miami or L.A., put on a shimmering dress, and dance on a table!"

From top: Dress, Haute Hippie. Top, BCBG Max Azria. For details see Shop Guide.



after

*“I love my curly hair!
I might wear it this way forever now.
It’s so smooth and bouncy.”*

Hair: Ken Paves of You Are Beautiful
haircare line. Fashion editor: Jenny
Capitain. Makeup: Sarah Lucero for
Stila Cosmetics. Manicure: Roseann
Singleton for Chanel at Art Department.

Let's Eat!



Chicken, Leek, and Mushroom Pockets

Turn the page for recipes.



BUNDLES OF JOY

Take a stack of store-bought wonton wrappers, add delicious fillings, and what do you get? More proof that great things come in small packages, says chef

JOANNE CHANG.

Maybe it's their delectable exteriors—sometimes crispy, other times soft—or that they're so adorably petite (though that does make it tough to keep track of how many you eat). Or it could be that their insides remain a mystery until you take that first bite. Whatever it is, there's something so appealing about dumplings, which exist in various forms all over the world: Italy has its ravioli, Poland its pierogi, India its samosas. In fact, there's very little that doesn't taste better in pocket form. Which is why I came up with these recipes, which range from crunchy to soft, savory to sweet. My lemony shrimp dumplings get their crispy skin from a hot pan (and are even more delicious with a tangy kimchi yogurt sauce), while savory steamed chicken, leek, and mushroom pockets stay nice and pillow-y and pair well with an edamame puree. Finish up with a rhubarb and raspberry turnover, and you've got your meal, well, all wrapped up.

Joanne Chang, a pastry chef, co-owns Flour Bakery and Myers + Chang, both in Boston.

FOOD STYLIST: CARRIE PURCELL, PROP STYLIST: BRIAN HEISER.



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Aioli Dipping Sauce

INGREDIENTS

- 1 medium clove garlic
- Dash ground saffron
- 2 large egg yolks
- 1 tablespoon fresh lemon juice
- 1 tablespoon Dijon mustard
- 1 1/4 cups extra virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

DIRECTIONS

1 Crush the garlic to a paste in a medium mixing bowl. Add a pinch of salt and the saffron during the crushing process.

2 Add the egg yolks, lemon juice and mustard. Blend well with a whisk.

3 Whisk in olive oil in a slow steady stream until the sauce has thickened. If the sauce becomes too thick, add a drop or two of hot water. Season with the salt and pepper.

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NOW YOU'RE COOKING

Homemade Chicken Tenders

If you believe that making great food requires special talent—well, forgive us for saying so, but you're wrong. You can turn on a burner, right? And beat eggs? If so, you're ready to use this easy breading technique to make chicken fingers from scratch. Katie Workman, creator of TheMom100.com blog, swears it's "foolproof"—the flour helps the egg adhere to the chicken, and the egg helps the bread crumbs stick to the flour." Plus, the technique works on everything from eggplant slices to pork chops.



Cut 1 pound **boneless, skinless chicken breasts or thighs** lengthwise into 1" strips. You should have 10 to 15 pieces. In a shallow bowl, place $\frac{3}{4}$ cup all-purpose **flour**, 1 tsp. **salt**, and $\frac{1}{4}$ tsp. ground **black pepper**. Use a fork to mix them together. In a second shallow bowl, beat 2 large **eggs**. In a third shallow bowl, place $\frac{3}{4}$ cup **bread crumbs** (preferably panko, Japanese bread crumbs). In a large skillet, heat $1\frac{1}{2}$ Tbsp. **olive oil** over medium heat. Coat each chicken strip first in flour mixture, then in eggs, then in bread crumbs. Cook half the chicken strips until lightly browned, about 4 minutes. Flip over and continue cooking until cooked through, about 4 minutes more. Transfer to a plate. Add another $1\frac{1}{2}$ Tbsp. olive oil to pan and cook the remaining chicken strips the same way. *Makes 4 servings. Total time: 25 minutes.*

Adapted from The Mom 100 Cookbook by Katie Workman.

Lemony Shrimp Dumplings

1 pound shrimp, peeled, deveined, and sliced in thirds (about 4 cups)
 2 Tbsp. lemon zest (from 1 to 2 lemons)
 $\frac{1}{4}$ cup chopped water chestnuts
 1 scallion, finely chopped (about 2 Tbsp.)
 1 Tbsp. peeled and minced ginger
 1 Tbsp. cornstarch
 1 Tbsp. soy sauce
 $\frac{1}{2}$ egg white
 16 to 18 square wonton wrappers
 2 to 3 Tbsp. vegetable oil
 Kimchi Yogurt Dipping Sauce
(see recipe below)

1. Place shrimp on paper towels to blot moisture. In a medium bowl, mix shrimp, zest, water chestnuts, scallion, ginger, cornstarch, soy sauce, and egg white.
2. Place wrappers on a work surface. Spoon 2 Tbsp. shrimp mixture in center of a wrapper. Using a finger dipped in water, moisten edges of wrapper. Fold bottom up over shrimp mixture, pressing so filling spreads horizontally, and continue to fold to create a cigar-shaped tube with seam of dumpling on bottom. Seal sides by pressing down edges. Repeat with remaining wrappers.
3. In a large skillet, heat oil over medium-high heat. Cook dumplings in batches (placed seam side down, a few inches apart). Reduce heat to medium and cook, shaking pan gently, until bottoms of dumplings are golden brown, about 5 minutes. Add 2 to 3 Tbsp. water to skillet and cover (water will sputter, so be careful). Continue cooking until water evaporates, about 1 minute. Lift lid and add a few more Tbsp. of water. Cover and cook 1 minute more. Add water a third time and allow dumplings to cook through.

(Total cooking time should be 8 to 9 minutes per batch.) Remove from heat. Serve with Kimchi Yogurt Dipping Sauce. *Serves 8 as an appetizer, 4 as a main course.*

Total time: 35 minutes.

Kimchi Yogurt Dipping Sauce

$\frac{1}{2}$ cup Greek yogurt
 2 Tbsp. finely chopped kimchi
 1 Tbsp. soy sauce
 1 scallion, finely chopped (about 2 Tbsp.)
 1 Tbsp. lemon juice
 $\frac{1}{2}$ garlic clove, minced
 $\frac{1}{4}$ tsp. kosher salt
 Pinch of ground black pepper

Mix all ingredients in a small bowl. May be made up to 3 days in advance and stored in an airtight container in the fridge. *Makes about $\frac{3}{4}$ cup.*

Total time: 5 minutes.

Chicken, Leek, and Mushroom Pockets

2 Tbsp. vegetable oil, divided
 2 leeks, thinly sliced, white and light green parts only
 6 ounces button mushrooms, thinly sliced
 1 pound boneless, skinless chicken breast, cut into $\frac{1}{4}$ " cubes
 $\frac{1}{2}$ cup heavy cream
 1 Tbsp. cornstarch
 $\frac{3}{4}$ tsp. kosher salt
 $\frac{1}{4}$ tsp. chopped fresh thyme
 $\frac{1}{4}$ tsp. ground black pepper
 20 to 24 square wonton wrappers
 Mint-Edamame Puree
(see recipe below)

1. In a medium skillet, heat 1 Tbsp. oil over medium-high heat. Add leeks and cook, stirring, until soft, 3 to 4 minutes. Transfer to a large bowl; set aside. In same skillet, add

remaining oil; heat over medium-high heat. Add mushrooms and cook, stirring, until cooked through, 3 to 4 minutes. Transfer to bowl with leeks. Add chicken, cream, cornstarch, salt, thyme, and pepper, and mix thoroughly.

2. In a steamer, bring water to a simmer. Place wrappers on a work surface. Place a heaping Tbsp. of chicken filling in center of a wrapper. Using a finger dipped in water, moisten edges of wrapper. Bring all 4 corners to center. Pinch to seal; then pinch sides of wrapper to seal in filling. Repeat with remaining wrappers. **3.** Transfer chicken pockets to steamer in batches, and steam until cooked through, about 8 minutes. Place Mint-Edamame Puree in bottom of a bowl, and arrange pockets on top. Serve. *Serves 8 as an appetizer, 4 as a main course.*

Active time: 25 minutes.

Total time: 40 minutes.

Mint-Edamame Puree

2 cups frozen edamame
 $\frac{1}{2}$ cup extra-virgin olive oil
 3 Tbsp. chopped fresh mint leaves
 2 Tbsp. sour cream
 1 tsp. lemon juice
 $\frac{1}{2}$ tsp. kosher salt
 $\frac{1}{4}$ tsp. ground black pepper

In a medium pot of boiling water, cook edamame just until warmed through, about 1 minute. Drain. Transfer to a blender or a food processor. Add $\frac{1}{2}$ cup water, olive oil, mint, sour cream, lemon juice, salt, and pepper. Blend until smooth, 2 to 3 minutes. *Makes about 2 $\frac{1}{2}$ cups.*

Total time: 5 minutes.

Raspberry-Rhubarb Turnovers

1 cup chopped rhubarb (about 4 ounces)
 $\frac{1}{2}$ cup granulated sugar
 1 cup raspberries (fresh or frozen)
 2 Tbsp. cornstarch
 Zest of $\frac{1}{2}$ orange
 Pinch of kosher salt
 16 to 18 square wonton wrappers
 3 Tbsp. unsalted butter, melted
 Powdered sugar, for garnish
 Ice cream, for serving

1. Preheat oven to 400°. In a small saucepan, cook rhubarb and sugar over low heat until rhubarb softens, 3 to 4 minutes. Transfer to a medium bowl. Add raspberries, cornstarch, zest, and salt. Mix to combine.

2. Place wrappers on a work surface. Place a heaping Tbsp. of filling near the corner of a wrapper. Using a finger dipped in water, moisten edges of wrapper. Fold into a triangle and pinch to seal. Repeat with remaining wrappers.

3. Brush both sides of turnovers with melted butter. Transfer to a baking sheet. Bake until golden brown, 12 to 14 minutes. Remove from oven and let cool slightly. Sprinkle with powdered sugar, and serve with ice cream.

Makes 6 servings.

Active time: 20 minutes.

Total time: 35 minutes.



EXTRA BITES For Joanne Chang's Asparagus and Chive Ravioli recipe, download the *O* iPad app from the iTunes Store.





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THE POWER OF

7

A trio of fabulous, simple-enough-for-a-Wednesday dishes using three staples: RADISHES, PEAS, and BUTTER.

Recipes by Marcia Kiesel

Warm Ham Tartine with Ricotta Spread

Preheat oven to 425°. In a small bowl, blend together 2 Tbsp. softened salted **butter** and 4 **scallions**, thinly sliced. Season with $\frac{1}{8}$ tsp. **salt** and set aside. In a food processor fitted with a metal blade, add 2 cups **frozen peas** (10 ounces), thawed, and 1 cup **ricotta**; pulse to coarsely puree. Season with $\frac{1}{4}$ tsp. each salt and **pepper**. Halve 1 (14- to 16-ounce) **ciabatta loaf** lengthwise, and spread reserved scallion butter on each half. Bake in the upper third of oven until toasted, about 8 minutes. Arrange $\frac{1}{2}$ pound thinly sliced **ham** on buttered bread. Spread ricotta mixture over ham, and bake until hot, about 10 minutes. Arrange 6 **radishes**, cut into thin half-moons, on top. Cut crosswise into portions and serve. *Active time: 20 minutes. Total time: 40 minutes.*

Fettuccine with Peas, Radishes, and Basil

Bring a large pot of salted water to a boil. In a large, deep skillet, melt 1 Tbsp. unsalted **butter**. Add 2 medium **shallots**, thinly sliced, and cook over low heat until softened, about 6 minutes. Add 1½ cups **frozen peas**, $\frac{1}{2}$ tsp. **salt**, and 2 tsp. finely grated **lemon** zest and cook 1 minute. Cover and remove pan from heat. Cook 10 ounces **fettuccine** in boiling water according to package instructions until al dente. Drain pasta, reserving $\frac{3}{4}$ cup water. Add cooked pasta to skillet with 1 Tbsp. butter, stirring to combine. Over medium heat, gradually stir in reserved pasta water while sprinkling in $\frac{1}{4}$ cup plus 2 Tbsp. grated **Parmesan** to make a light sauce. Remove skillet from heat. Stir in $\frac{1}{2}$ cup thinly sliced **basil** and $\frac{1}{2}$ tsp. **pepper**. Divide among 4 bowls. Top with 4 large **radishes**, cut into thin sticks, and $\frac{1}{2}$ cup chopped toasted **walnuts** and serve. *Total time: 25 minutes.*

Each recipe serves 4.

Beef Stir-Fry with Radishes and Peas

Season $\frac{1}{2}$ pound **sirloin**, thinly sliced, with $\frac{1}{2}$ tsp. **curry powder** and $\frac{1}{8}$ tsp. each **salt** and **pepper**. In a large skillet, melt 1 Tbsp.

unsalted **butter**. Add seasoned beef in an even layer and cook undisturbed over medium-high heat until browned on bottom, about 1 minute. Flip and cook 30 seconds more. Transfer to a medium bowl and set aside. Add 1 Tbsp. butter to skillet; when melted, add 1 small **onion**, thinly sliced, and 6 to 8 **radishes** (from 1 bunch; reserve greens), quartered. Reduce heat to low and cook, stirring often, until onion is softened, about 6 minutes. Add 1 Tbsp. **honey** and raise heat to medium; cook until radishes are glazed, about 2 minutes. Add 2 Tbsp. **soy sauce** and 1 Tbsp. **balsamic vinegar** and simmer until syrupy, about 2 minutes more. Add radish greens (well rinsed) and the water that clings to them, 1 cup **frozen peas**, thawed, and $\frac{1}{4}$ tsp. **salt**. Simmer, stirring, until greens are wilted, 2 minutes. Stir in reserved beef. Serve over steamed **rice**. *Total time: 25 minutes.*



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MIXING BOWL

The makings of a delicious month, from a doughnut surprise to a cutting-edge salad.



"I love baking a big Easter ham because it's like having Thanksgiving all over again, with lots of leftovers for sandwiches, along with ham biscuits, ham salad, and collards flavored with—you guessed it—ham!"

—TRISHA YEARWOOD, COAUTHOR OF THE NEW COOKBOOK *TRISHA'S TABLE* AND HOST OF THE FOOD NETWORK'S *TRISHA'S SOUTHERN KITCHEN*

Easy Upgrade

IT'S A SNAP!

*A simple thing like how you cut a vegetable can make all the difference in a dish. In her new cookbook, *A Girl and Her Greens*, chef April Bloomfield makes her **Snap Pea Salad** zing by leaving small pods whole and cutting larger ones two ways—lengthwise along the spine or diagonally in halves or thirds. That creates a variety of textures (and looks pretty, to boot): In a large bowl, combine 1 pound **sugar snap peas** (trimmed, strings removed, and cut) with a large pinch of **mint leaves**. In a container with a tight-fitting lid, shake together 2 Tbsp. plus 2 tsp. **extra-virgin olive oil**, 4 tsp. **lemon juice**, and **sea salt** to taste. Pour over salad and toss gently. Add a large handful of **arugula** and toss again. Makes 4 servings. Total time: 25 minutes.*



My Best Mistake

BURNT OFFERING

Even chef Christina Tosi makes mistakes—but she considers them opportunities. The owner of New York City's Momofuku Milk Bar and author of the new cookbook *Milk Bar Life* once left a honey reduction on the stove too long, but she didn't throw it away: "My mom taught me waste not, want not, so I tried a taste after it cooled and found that the honey had taken on a super-savory flavor." It makes an ideal base for a honey mustard dip to serve with everything from carrots to chicken fingers (like the homemade kind on page 122).

BURNT-HONEY MUSTARD DIP

Pour $\frac{1}{2}$ cup **honey** into a saucepan, attach a candy thermometer, and cook over medium heat until honey is deep brown and thermometer reads 325° , about 10 minutes. Remove from heat. Carefully whisk in $\frac{1}{2}$ cup plain **yogurt**, $\frac{1}{2}$ cup **yellow mustard**, $\frac{1}{2}$ tsp. **salt**, and $\frac{1}{2}$ Tbsp. **uncooked honey**. Chill and serve. Makes $1\frac{1}{2}$ cups. Total time: 15 minutes.

Genius Idea!

Hole Lot of Fun

If you like a spot of surprise in your sweets, try this doughnut hole trick from *Cake My Day!* by Karen Tack and Alan Richardson. Using your favorite chocolate cake recipe or mix, pour $\frac{1}{3}$ of the batter in an 8" springform pan. Press 6 plain doughnut holes in a circle in the batter and 1 in the center. Spoon half the remaining batter over doughnuts to cover. Press in 5 more doughnut holes, spoon remaining batter on top, and bake. For the complete recipe, go to oprah.com/polkadotcake.



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COVER On Oprah: Sweater, \$228; lordandtaylor.com. Jeans, NYDJ X RJP, \$245; rialtojeanproject.com. Headband, Emi-Jay Inc., \$10; emi-jay.com. Earrings, \$345; stephaniekantis.com. Bracelet, Diane von Furstenberg by H. Stern; hstern.net. Shoes, Céline, \$940; Barneys, 212-826-8900. Paint in Collegiate Yellow and Dylan Pink, \$38 to \$41 per gallon; ralphlaurenpaint.com.

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Top, \$265; rhoderesort.com. Shorts, \$295; jennikayne.com. Necklace, Lizzie Fortunato, \$320; hampdenclthing.com. Bangles, \$40; rjgraziano.com. Watch, \$70; timex.com. Shoes, \$1,075; giuseppepezanottidesign.com.

THE HEAT IS ON PAGE 106

Top, Cameo, \$150; shopbop.com. Skirt, \$4,600; christiansiriano.com. Earrings, \$120; sylviaoledano.com. Hat, \$130; stetson.com. Necklaces, \$50 each; studiogeneightynine.com. Bracelets, \$50 each; studiogeneightynine.com. Shoes, Daniela Michetti, \$697; net-a-porter.com. Clutch, Serpui, \$220; latricefashion.com.

PAGE 108 Shirt, Lafayette 148, \$348; lafayette148ny.com. Bikini top, \$175; normakamali.com. Skirt, Alice + Olivia by Stacey Bendet, \$698; aliceandolivia.com. Earrings, \$395; monikaknuttsson.com. Necklace, \$64; blumaproject.com. Bangles, \$30 to \$35 each; rjgraziano.com. Bracelet, Holst + Lee, \$165; holstandee.com. Shoes, \$80; chineselaundry.com.

PAGE 109 Top, \$1,890, and skirt, \$2,390; Oscar de la Renta boutiques, 212-288-5810. Bra, \$82; cosabella.com. Earrings, \$325; miriamsalat.com. Necklace, \$350; figue.com. Cuff, \$395; alexisbittar.com.

Ring, \$115; daniellespinosa.com. **Beauty:** Ken Paves You Are Beautiful Detangling Thermal Protectant Spray, \$17; walmart.com. Garnier Fructis Style Full Plush Root Amp Root Lifting Spray Mousse, \$4.50; drugstores. Kérastase Résistance Spray Volumifique, \$40; kerastase-usa.com. Toni & Guy Hair Meet Wardrobe Casual Matte Texture Dry Shampoo, \$15; drugstores. **PAGE 110** Top, Alice + Olivia by Stacey Bendet, \$298; aliceandolivia.com. Bra, Aubade, \$165; myintimacy.com. Skirt, Samuij, \$630; shopatleap.com. Clutch, Tonya Hawkes, \$1,075; Coplon's, 803-790-0015.

Bracelets, \$50 each; studiogeneightynine.com. Necklace, Holst + Lee, \$255; holstandee.com. Brass necklace, \$295; studiogeneightynine.com. Shoes, \$745; biondcastana.com. Straw tote, Mar Y Sol, \$125; shopmarysol.com. Scarf, Bindya NY, \$165; chictweak.com.

PAGE 111 Cardigan, Sophie Theallet, \$790; matchesfashion.com. Crop top, Elle Sasson, \$265; Neiman Marcus, 786-999-1000. Skirt, \$398; jccrew.com. Earrings, Miguel Ases, \$400;

Mix at the Breakers, 561-659-8481. Fossilized mammoth necklace, Me & Ro, \$3,850; meandrojewelry.com. Circle necklace, Shaesby, \$745; elizapage.com. Long pendant necklace, Kismet by Milka, \$860; etc-east.com. Bracelets, \$195 to \$300 each; daniellespinosa.com. Watch, Bulova, \$199; macy's.com. Shoes, \$350; katespadecom. Hat, Stetson, \$78; JJ Hat Center, 212-239-4368.

Beauty: Estée Lauder Bronze Goddess All Over Illuminator, \$30; esteelauder.com. Clarins Blush Prodigie Illuminating Cheek Colour in Sweet Rose, \$31; clarins.com. L'Oréal Paris Infallible Smokissime Powder Eyeliner Pen in Brown Smoke, \$10; drugstores. Covergirl Full Lash Bloom by LashBlast in Very Black, \$8; drugstores. Dior Rouge Dior lipstick in Rose Baiser, \$39; dior.com. Dior Rouge Dior lipstick in Rouge Blossom, \$39; dior.com.

PAGE 112 Shirt, \$895; donnakaran.com. Dress, \$3,995; moniquelhuillier.com. Earrings, Miguel Ases, \$538; jennifermillerjewelry.com. Cuff, \$495; miriamsalat.com. Watch, Tissot, \$295; tissotshop.com. Shoes, \$700; biondcastana.com. **Beauty:** Prtty Peashun Skin Tight Body Lotion, \$24; net-a-porter.com. Jergens Natural Glow Instant Sunless Tanning Mousse, \$12; drugstores. Vaseline Intensive Care Healing Serum Radiance Restore, \$8; drugstores. **PAGE 113** Top, & Other Stories, \$90; stories.com. Crop top, A.L.C., \$265; neimanmarcus.com. Skirt, A.L.C., \$445; intermixonline.com. Earrings, \$445; alexisbittar.com. Bag, M Missoni, \$395; M Missoni boutiques, 212-431-6500. Cuff, LK Designs, \$298; Fragments, 212-226-8878. Shoes, \$595; chelseaparis.com.

NEW YOU (WITH NO COMMITMENT) **PAGE 114** Dress, \$498; cynthiarowley.com. **Beauty:** Pantene Pro-V Stylers Heat Protection Spray, \$5; drugstores. **PAGE 115** Dress, \$320; reiss.com.

PAGE 116 "Before" dress, La Petite Robe di Chiara Boni, \$695; chiaraboni.com. Earrings, \$32; marlynschiff.com. "After" dress, Lela Rose, \$1,895; neimanmarcus.com. Earrings, Sheila Fajl Jewelry, originally \$345, now 30 percent off with code OPRAH30; sheilafajl.com. **Beauty:** Tresemme Youth Boost Youthful Fullness Flexi-Bounce Mousse, \$5; drugstores. Fekkai Sheer Hold Hairspray, \$20; fekkai.com. **PAGE 117** Long to faux short "Before" dress, Shoshanna, \$375; neimanmarcus.com. Earrings, \$85; julievos.com. "After" dress, \$319; shoshanna.com. Earrings, \$180; daniellespinosa.com. Clip in highlights "Before" dress, KamaliKulture by Norma Kamali, \$96; zappos.com. Necklace, \$235; vanessagade.com. Earrings, \$190; daniellespinosa.com. **Beauty:** John Frieda Frizz Ease Keraflex Flexible Hold Hairspray,

CHECKS, PLEASE

Actress Rosario Dawson, here in a jacket from her clothing line Studio One Eighty Nine, models sizzling Cuban-inspired looks in "The Heat Is On" on page 106.



Jacket, Studio One Eighty Nine, \$425. Crop top, Diane von Furstenberg, \$198. Skirt, New York & Company, \$47. Headband, Jennifer Ouellette. Earrings, Me & Ro. Bangle, R.J. Graziano. Cuff, Daniel Espinosa. Bangle, Virzi + De Luca.

\$10; drugstores. Carol's Daughter Monoi (Repairing) Flexible Hold Hairspray, \$22; hsn.com.

PAGE 118 Short to faux long "Before" dress, Haute Hippie, \$495; saks.com. "After" top, BCBG Max Azria, \$178; bcbg.com. Straight to curly "before" dress, \$149; ann타타.com. **Beauty:** Suave Professionals Luxe Style Infusion Volume Soufflé Mousse, \$5; drugstores. Nexxus New York Salon Care Hydra-Light Root Lifting Mist, \$12; drugstores. Clairol Professional iThrive Weather-Resistant Hairspray, \$10; sallybeauty.com. Ken Paves You Are Beautiful Relaxing Balm, \$17; walmart.com. Dark and Lovely Anti-Reversion High Gloss

Spray Serum, \$6; softsheencarson.com.

PAGE 119 "After" dress, Lela Rose, \$1,595; Nordstrom, 877-543-7563. Necklace, \$795; Oscar de la Renta boutiques, 212-288-5810.

SHOP GUIDE **PAGE 128** Jacket, \$425; studiogeneightynine.com. Crop top, Diane von Furstenberg, \$198, dvf.com. Skirt, New York & Company, \$47; nyandcompany.com. Headband, \$108; jenniferouellette.com. Earrings, Me & Ro, \$2,500; meandrojewelry.com. Left bangle, \$40; rjgraziano.com. Right cuff, \$200; daniellespinosa.com. Right bangle, Virzi + De Luca, \$260; virzideluca.com.

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What I Know for Sure



is the one constant we can all be sure of.

When I decided to end the *Oprah* show, I knew my life without it would be forever different. And I was ready. Ready to give up the never-ending search for enlightening and entertaining new ways to talk about familiar subjects.

After 25 years, it was harder and harder to be fresh while staying authentic. I never wanted to fake it—not a single feeling, not a moment's reaction. So I opted to end as elegantly as I could, knowing many changes were gonna come.

Some were more expected than others. I still miss, more than anything, the camaraderie and connection I felt each day *after* the show, just chatting with the audience about anything and everything. People came from all over with their mothers, sisters, friends (and, occasionally, husbands or boyfriends who were doing penance). Seeing people have a rewarding experience was the greatest fun for me.

But there was never enough time to actually live the life I talked about.

And that has been the huge change—and challenge: figuring out, now that I have more time, how to manage it to the greatest advantage.

For years I never had to think about what



to do, or when to do it, because the SHOW was all consuming. I longed for that elusive, ephemeral balance.

Once my life was mine to design, I found myself a bit unbalanced in structuring it. I've had to learn to plan what I want to do instead of always fulfilling the "have to dos."

It was a life-altering shift. I've often said that the true meaning of freedom is what Toni Morrison described so poignantly in

Beloved: "To wake up at dawn and decide what to do with the day."

I know for sure: It's a beautiful thing when you get to decide. And now I fully embrace the change.



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